

A Cold Weather Caution

Exposure to the cold can drain your strength and rob you of the ability to make sound judgments regarding safety. Cold water immersion is especially dangerous due to the initial shock and rapid loss of heat. For cold weather paddling, please remember:

- Never paddle alone - at least three paddlers, and two boats are recommended.
- Keep the trip short, and well within the paddling ability of the group.
- Dress for immersion in a wetsuit or drysuit. Protect the extremities with a hat/helmet, neoprene gloves and warm footwear. Always carry a change of cloths in a waterproof bag.
- Know how to recognize and treat the symptoms of hypothermia.
- Always, always, always wear your PFD.

Cold weather paddling significantly increases the risk of serious injury or death. Paddle safe. Paddle smart.



Fall paddling in a wetsuit and splash top. For winter paddling, a drysuit is more appropriate.