

# *KalajaRetkeily*

## Things to know before a paddling tour

**Start/return:** Paddling tours start from the Hanhitaipale harbor, Satamatie 141, Rautalampi. There is a parking place and toilet in the harbor.

**Equipment** Every participant will get the gear necessary for paddling, meaning a kayak, a paddle, paddling vest, a spray deck and a dry sack.

You should wear loose and weather-appropriate clothes that are comfortable to sit in in a kayak. Good footwear are for example sneakers, sandals, swimming shoes, barefoot shoes etc. shoes with a good grip that don't get ruined by getting wet. During warmer weather is also possible to paddle barefoot. You should take a cap, a scarf etc. to cover your head from the sun or during the colder weather from the loss of heat. During the colder weathers gloves will keep your hands warm and prevents sores. On top of that, sun screen and sun glasses are often needed when paddling. Glasses is good to secure with a strap going behind the head to prevent them from falling to the lake.

Things that are sensitive to water but you want to take with you to the kayak, such as electronic car keys, phones, cameras etc. should be protected from getting wet.

Take a drinking bottle with you.

There will be energy bars, extra water, a towing rope and a first aid package at the guides kayak.

**Important:** The participants to the paddling trips need to be able to swim enough to keep their heads above the surface when using a paddling vest. Those under 18 can participate to the paddling trips only with a written permission of the guardian or with them.

If you have an illness, medication or injury that affects your balance or otherwise might affect paddling, please notify the organizer before hand, KalajaRetkeily, tel. +358405535975.

All the foods provided during the tours are with reduced lactose or completely lactose-free. Please notify the organizer about other dietary limitations beforehand.

**Other:** Alcohol isn't allowed while paddling. All of our tours are alcohol-free.

Wellcome to the paddling trip!

Markku Utriainen

Melontaohjaaja