



BAYOU CITY  
OUTDOORS

# #10 ESSENTIALS

## sup-ing

1

### STAND UP PADDLEBOARD

Sizes are based on the paddler's weight and experience. More experienced and lighter paddlers can choose narrower boards. Novice paddlers should choose wider, flatter boards, which offer more stability.

2

### PADDLE

Stand up paddles have an angle or "elbow" in the shaft for maximum efficiency. Choose a paddle that's roughly 6" to 8" taller than you are (though some manufacturers recommend an 8" to 10" differential.)

3

### PFD (PERSONAL FLOTATION DEVICE)

The U.S. Coast Guard classifies stand up paddleboards as vessels, so wear (or carry) a PFD whenever you're paddling navigable water.

4

### PROPER CLOTHING

For cold conditions where hypothermia is a concern, wear a wetsuit or dry suit. In milder conditions, wear shorts and a T-shirt or bathing suit—something that moves with you and can get wet.

5

### SUN PROTECTION

Even through the clouds, the sun is harsh in Houston. Keep sunscreen with you and reapply. Remember that the glare from the water can cause a bad sunburn. Sunglasses are essentials too.

6

### PADDLEBOARD ON CALM WATER

When you're learning the sport, it's best to start out in ideal conditions: flat, calm water that's free of obstacles like boats and buoys.

7

### KNEEL ON THE BOARD FIRST

Keep your hands on either side of the board to stabilize it. Once you're ready, stand up on the board one foot at a time. Place your feet where your knees were.

8

### BALANCE WITH YOUR HIPS

not your head. Keep your head and shoulders steady and upright, and shift your weight by moving your hips. Your gaze should be level at the horizon. Avoid the temptation to stare at your feet.

9

### HANDS

If you're paddling on the right, your right hand is lower on the paddle shaft and your top (left) hand is on the top of the grip. Keep your arms straight and twist from your torso as you paddle. When you switch sides, you'll reverse hand positions.

10

### HYDRATION

A small "camelback" type pack is great to carry a few essentials and water always. Stay hydrated!