



www.wolfcreekwilderness.com

Intermediate Tourings

Date: _____

Location: Scotts Flat Lake

9:00 - Meet at shop, introductions and gear issue

9:30 - Organize carpool and caravan to the lake

10:00 - Launching Techniques discussed

10:15 - Instruction on strokes and boat control

12:00 - Break for snacks and stretching

12:45 - Instruction and practice of self and assisted rescues- Everyone gets wet

3:00 - More practice with bracing and other skills as needed

4:00 - Load up and head home!!

Wolf Creek Wilderness will supply kayaks and gear for a safe and enjoyable paddling experience. Participants will need to bring their own water, lunch, snacks and personal gear.

Suggestions for personal gear include:

Sunscreen, hat and sunglasses

Synthetic shorts

Shoes that can get wet

Synthetic long sleeve shirt-capilene suggested

A change of clothes for the end of the day