



PSIA-Rocky Mountain-AASI



SUP – Intro to Stand up Paddle Board Check list

What to Bring

If you plan on using your own SUP

- Must be modern SUP (please call Aspen Kayak & SUP Academy to verify)

Included with the SUP rental:

- SUP and Paddle
- Helmet
- PFD
- Farmer John Wet Suit
- Booties/ Water shoe
- Weather permitting rental could include fleece top and spray jacket

Food/Hydration

- Water bottle
- Lunch
- Snacks

What to wear

- Bathing Suit or nylon shorts
- Nylon shirt
- Be prepared for rain, it could happen at any time out on the river
- Sun glasses with a retention strap