

Canoe & Kayak Beginner's Guide 2008 Edition

Featuring The NRS Guide Shirt



NRS Guide Shirt

DRESSING THE PART

NRS' Guide Shirt lets you look the part, even if you don't quite fit the description of "guide" quite yet. This lightweight nylon/spandex top dries quickly, and, more importantly, offers UV protection for your skin on and off the water. Zip it down for ventilation or pop the collar to totally banish the sun.

\$45 nrsweb.com

GEAR

▶ BEGINNER BASICS



DRESSING THE PART

1. A good first paddle jacket, like your first boat, is the one you will use. **Extraspot's** long-sleeved **A-Pel 100** is a lightweight, pored down spray top that's comfortable rain or shine thanks to the company's waterproof/breathable **Tony fabric**. \$125, EXTRASPOT.COM

3. Try screens let water escape through the sticky, non-marking soles of **Sea's** **Kamaki** **Slingshot** sandals and allow air to flow through, a godsend for clammy feet during long days on the water. Nylon straps wrap fully around the foot through a channel in the sandal bottom, securing your arches to the peddle. Antimicrobial footbed, which is reinforced with a stiff EVA insole. A rubber plate protects toes on porches or when you jam them under a raft's cross tubes. \$100, SEA.COM

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4. By now you should have learned that cotton is a no-go for waterborne activities because it pulls heat away from your body—leading to dangerous **hypothermia**. Instead, choose a synthetic sweater like the popular **polyester/nylon/spandex** **Think Skin** from **Mountain Research**. It's an antimicrobial, midweight constructed that wicks water, which makes you feel dry during even the wettest swim. \$65, MOUNTAINRESEARCH.COM

5. A wide-brimmed hat keeps the sun's harsh rays (or rain) off your noogie and out of your eyes. **Kukukuku's** **Sunswester** offers a performance model—a **brushed drawcord** ensures it stays put in gusty winds, while the mesh lining lets air circulate, and a stiff foam bill keeps it afloat. \$37.50, KUKUKUKU.COM

6. Since proper flotation is important for all ages, **Bealight** diversified its popular **Deliver** PFD for smaller paddlers who still value performance. This low-profile, zip-front vest features **hand-cut** **Deliver** foam for a close, comfortable fit and doesn't slip or excess the pockets, lash tabs, and a rugged **Corlona** exterior so it can last through several formative seasons. Fits 50-90 pounds. \$65, BEALIGHT.COM