



KAYAKING

SafeTips from the Naval Safety Command

Kayaking can be an exciting and rewarding outdoor activity, but safety should always come first. Whether you're a seasoned paddler or a first-timer, following these essential safety tips will help ensure you have a fun and safe experience on the water.

- Ensure your kayak is in good condition before each trip. Check your kayak for holes, deep scratches or general wear and tear. Make any repairs to ensure your kayak is watertight before heading out.
- Always wear a properly fitted life jacket.
- Know your skill level and choose routes appropriate for you.
- Check the weather forecast before heading out.
- Paddle with a buddy whenever possible; never kayak alone.
- Bring a whistle or signal device to alert others in an emergency.
- Always carry a dry bag with essential items like a phone, map, and first aid kit.
- Be aware of water currents, tides and potential hazards.
- Avoid kayaking in stormy or windy conditions.
- Never drink alcohol before or during kayaking.
- Learn basic paddling techniques and how to recover if you tip over.
- Keep your kayak and gear visible with bright colors or reflective tape.
- Stay hydrated, especially during long trips.
- Know your limits; don't push yourself too hard or too far.



Naval Safety Command
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