

# Seakayaking – Continuation course



This course is for you that have done some paddling and want to learn more in a short period of time. Our experienced instructors will teach you more about paddle strokes and rescues. Under safe and secure circumstances we give you the knowledge that will allow you to enjoy the beautiful archipelago.

**Tips:** Check in at the hostel before the course starts, there is a kitchen available if you would like to cook dinner.

**How to find us:** Take bus 631 or 631X from Norrtälje busstation towards Rådmansö. Jump of at the stop Gräddö Torg and walk the last 300 meter to the shop. By car take the E18 towards Norrtälje and continue on the E18 to Kapellskär. Just before the harbor turn left at the sign Gräddö. At the marina turn right and park at Kajak och Utelivs parking lots to the right and out on the point.

19:00 We meet at Kajak & Uteliv at 19.00. Our instructors will have a theme for the evening: What kind of clothes is suitable for paddling? How do you dress in breathable clothes? What equipment do you need to take when you go paddling?

21:00 Finished for the night and transportation to Kapellskärs hostel for a good night's sleep.

9:00 Meet at Gräddö for packing of the kayaks and repetition from yesterday.

9.30 Paddle technique on land, entering and exiting the kayak.

10.00 Everyone is ready in their kayak and we start practicing the paddle technique. Different paddling drills to our lunch stop.

12.15 After an intensive morning the self-catered lunch will taste wonderful.

13:00 Theory about different rescues.

13.30 Practical exercises on the water. Praktiska övningar på vattnet.

15.00 Snack and change to dry clothes.

15.30 Paddel back to Kajak & Uteliv.

16.30 Back at the kayakbase for cleaning the kayaks and finish of the course.

Programmet kan komma att ändras p.g.a. väder och vattentemperatur.

**You bring yourself:** Sheets or sleeping bag for the hostel, breakfast (kitchen is available at the hostel). Outdoor clothes (not jeans or cotton), long johns and long sleeved top (t.ex. craft), wet-weather clothes, swimming togs, waterproof shoes, towel, sunhat, sunscreen, sunglasses, change of clothes do you will get wet, waterbottle (you can fill it at Kajak och Uteliv), something warm to drink, lunch, snack, drybag (plastic bag is fine). If you like you can bring goggles.

**Included in the course:** Bunk in a bunkbed room, kayak, paddle, spray skirt, PFD, wetsuit, experienced instructor and course certificate.

**Products:** In the shop you can buy booties, gloves, drybags in different sizes, safety strap for glasses and a lot more.



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