

# PREPARING FOR YOUR RIVERBEND VISIT

## WHAT TO WEAR

- Weather appropriate clothes and shoes you're comfortable getting wet
- Hat and/or sunglasses
- Glasses straps

## WHAT TO BRING

- Sunscreen
- Bugspray
- Water bottle
- Ziplock bag or watertight container for phones, keys, etc
- Spare clothing and/or towels if desired
- Trash bags - we ask that you carry out what you carry in

## PLEASE NOTE:

- Long school buses cannot fit around our driveway loop. Please have them pull off in the space marked "Additional parking"
- We have picnic tables you may eat lunch at, or we are happy to recommend somewhere nearby
- Our dock is handicap accessible. Please inform your IRWA contact prior to arrival if anyone in your group requires that

## KAYAKS



Kayaks are usually one-person boats that use a paddle with **two blades**.

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## CANOES



Canoes require 2 - 3 people. Each person has a paddle with **one blade**. The person in the back controls the steering, while the person in front provides power.

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## DOCK RULES

- No swimming off our dock or riverbank
- When transporting boats, please lift them, don't drag them
- Students and staff are expected to help carry and launch the boats
- Please don't stand on the dock if you are not launching or helping to launch a boat
- Children 12 and under may not be on the dock without a life jacket



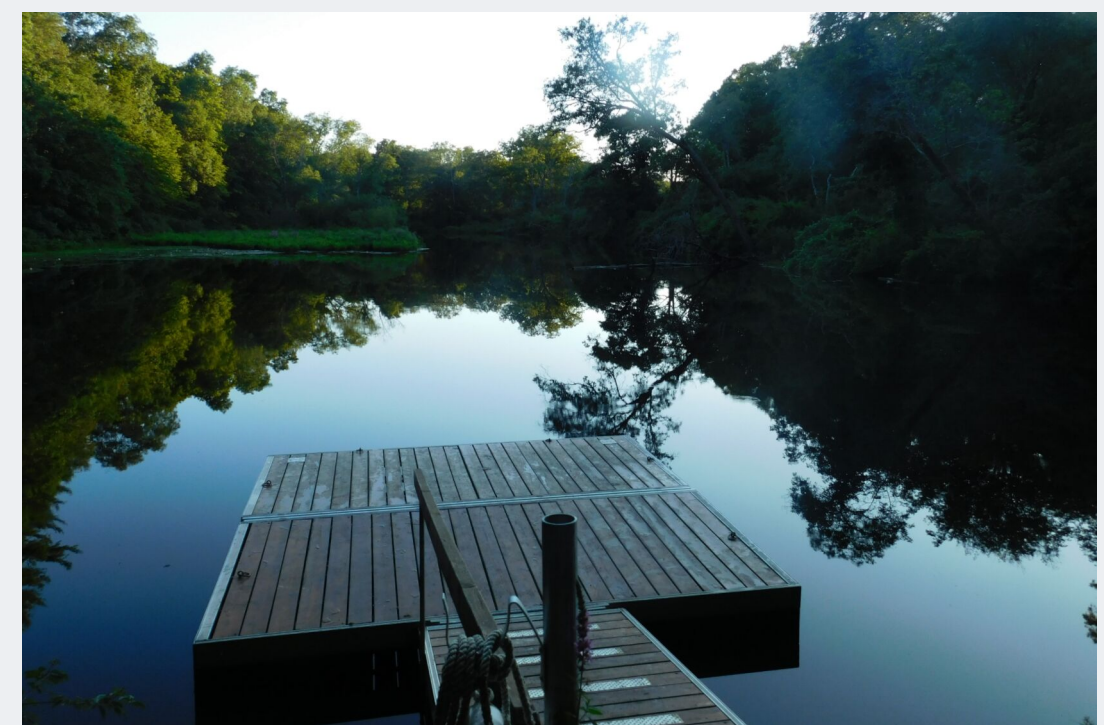
## ABOUT OUR BOATS

- We have 6 canoes, 16 single kayaks, and 3 tandem kayaks
- Please make sure everyone knows what boat type they will be paddling and who they will be paddling with prior to arrival

## TIPS ON TIPPING

In the unlikely event you should fall out of your boat:

- **Remain calm**
- Put your feet down. In most places our river is very shallow. It's likely you'll be able to stand
- Don't worry about your boat
- If possible, make your way to the riverbank
- If not possible, remain where you are and stay calm until your Ipswich River guide can assist you



Want more info on paddling? Visit [americancanoe.org/instruction](http://americancanoe.org/instruction)  
For kayaking technique, visit <https://www.kayakpaddling.net/>  
For canoeing tips, visit <http://vobs.org/blog/10-essential-canoeing-tips/>

We look forward to seeing you!