

SUP Board *MUST HAVE* Safety Gear



SUP boards must have a leash to keep the paddler attached to the board.



Transport Canada requires a P.F.D. or lifejacket on board.



Transport Canada requires paddlers to have a 15 m buoyant heaving line and a watertight flashlight.

Use a carabiner to clip a boat safety kit to the cargo bungee cords.



Transport Canada requires paddlers to have a sound-signaling device. Wear a pea-less whistle with a break-away lanyard.

**International distress signal:
3 whistle blasts**



In the middle of the lake, paddlers need sun protection from the sunlight reflected off the water. Wearing a hat that floats with a large rim to protect the eye is important as sunglasses do not float.

Wearing a sun shirt is a good choice. Sunscreen on ears, nose and feet is essential.