



SUP SAFETY FIRST!

Life Jacket

Even think about going out without a PFD / Lifejacket

The most common choice for [paddle board](#) is an inflatable PFD belt container with CO2 cartridge created by a pull tab secured to your waist or tied to the wall. The only situation in which PFD is not usually used is to surf on the ocean. This is a special situation, as the flood provided by the PFD does not allow the surfer to dive underwater so that the board does not have any impact. Surfing includes never surfing alone and getting proper safety training while acknowledging that surfing is an inherently risky activity. An inherently booming life jacket is the best option in the rivers, since if unconscious, it keeps your head off the water.

SUP Leash

Use a situation-specific SUP leash

A leash locks you out of your board and leaves you without flotation and also stops the board from harming anything in the water. Nonetheless, it is important to undergo sufficient safety training on rivers with flowing water, including changed leash to avoid traps and entanglements. Leashes with fast release mechanisms were developed to reduce this risk, but your primary defense in river paddling is proper training and understanding of the risks. Additional information on river leash protection can be found in this Earth River [SUP](#) post.

10 Best Places To Paddleboard In Colorado

Phone

Take your phone

If you get into trouble away from help, getting a mobile phone can be crucial. GPS can keep you from losing yourself, and you can find my iPhone or the equivalent to track your location if you go on long trips. To keep your telephone safe while paddling (plus keys and other valuables), we recommend that you use a waterproof telephone case or roll-over dry bag.

Anchor



Take an anchor

A good anchor can prevent drifting in yoga, fishing, or a lunch break on the water. We recommend an 8-10 lb mushroom anchor, which has a smooth base with approximately 15 feet of the seam, which does not harm your board.

Learn

Take a lesson

[SUP](#) learning is fast. With less than an hour of practice, most people have it hang out. But proper instruction in forwarding and backward paddling, turning, returning to the board after falling off and general safety practices can provide you with a life-long basis for healthy and enjoyable paddling. A lesson from an instructor certified by a well-known paddling organization is recommended, including the American Canoe Association (ACA), the Academy of Surf Instructors (ASI), the World Paddling Association (WPA) or the Professional Stand Up Paddle Association (PSUPA).

7 useful tips To Paddle Board With Your Puppy

Equipment

Caution with under-standard appliances

Beware of discount cellars that can let you down and put you in danger while shopping for a board and paddle. You can break an unnecessarily low-cost paddle, and a poorly designed board will break down or collapse, leaving you free of flotation. So do your homework carefully and be prepared to pay for high-quality equipment a little more. It will last anyway longer, saving you long-term money.