

WHAT TO BRING TO A SUP LESSON



Essential Items

(Provided by GBBS w/ rental)

- Stand-up Paddle Board
- Paddle
- Life Jacket (PFD)
- Fin
- Leash
- Transport Cart

Personal Items (Optional)

- Sunscreen
- Sunglasses and retainer
- Water bottle, snacks
- Towel
- SPF Lip balm
- Dry bag
- Phone or Camera for pictures!

Clothing and Footwear

- Hat
- Swimsuit or beach shorts
- Lightweight long-sleeve shirt (ex. rashguard)
- Water shoes, or barefoot (be sure to bring shoes you can leave at the beach!)
- Windbreaker
- If you usually get cold: neoprene jacket, pants, gloves, and booties

Optional gear

(Available on request at GBBS)

- Towline
- Whistle

If you have any questions on what to bring
don't hesitate to give us a call (778) 433-9200



GYRO BEACH
— BOARD SHOP —