

# Kayaking

Label the things that you need for kayaking. Then circle the correct words.



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- helmet
  - life jacket
  - waterproof bag
  - water shoes
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1. Wear a well-fitted wetsuit, **life jacket / sweater** , helmet, and water shoes.
2. Seek a qualified instructor to learn water safety rules and proper **computer / paddling** techniques.
3. **Sit / Stand** up straight when you are kayaking.
4. Carry a **paper / waterproof** bag with you to store necessities, like a whistle, a compass, drinking water, and food.