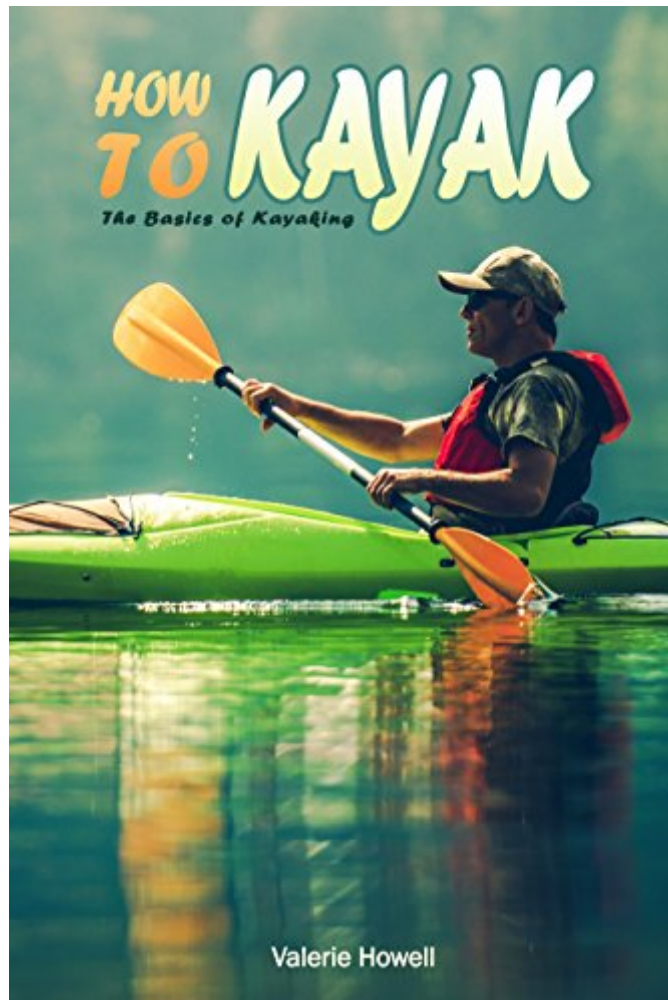




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# How To Kayak: The Basics Of Kayaking



## Synopsis

Kayaking is an easy sport to learn and to enjoy. It is suitable for a wide range of ages and abilities. It can be enjoyed as a family, in a group or in solitude. From the gentle hours spent fishing on the lake to an adventurous multi-day trip, you will discover techniques that will allow you to meet challenges and remain confident in your ability to handle them. This beginner's guide to kayaking will teach you:

How to get started kayaking  
The best kayak rowing technique  
What makes a proper kayak stroke  
What do you need for kayaking  
What to wear to kayak  
What size kayak to buy  
How to paddle a kayak in different waters  
How to choose and buy a kayak  
How to store a kayak  
How to carry a kayak  
How to exit a kayak  
How to get in a kayak  
How to carry a kayak  
How to size a kayak  
How to kayak faster  
How to train for kayaking  
How to flip a kayak  
How to turn a kayak  
How safe is kayaking  
How to enter a kayak  
How to sit in a kayak

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