

All I Need to Know about Kayaking I Learned from Momma

Chapter 4

Whose Mom didn't warn them about sun exposure when they played outside as a kid? No matter how many excruciating sunburns you had endured, a parental reminder was always necessary to get you to slather on the sunscreen. Well, consider this your friendly parental reminder.

When you are kayaking, especially in open bodies of water, the sun can be especially intense. So don't forget to bring adequate sun protection, including a hat, waterproof sunscreen, and polarized sunglasses. It's also a good idea to bring bug spray, since mosquitoes, black flies, and other bloodsuckers thrive in wet areas.

So listen to Mom, and be prepared! A sunburn and bug bites can easily ruin a nice, relaxing paddle.

Stay tuned for more sayings from Momma.