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# *Kayaking* **INFORMATION & DECLARATION**



*Show us your  
kayaking adventure!*

**#discovermilfordsound**



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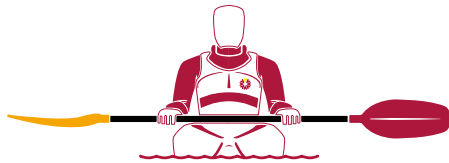


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# KAYAKING GUIDE

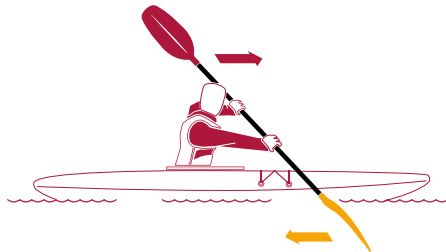
## 1 HOLDING YOUR PADDLE

- Hold paddle in hands with the yellow blade in your right hand and the red blade in your left hand
- Place the paddle above your head to make right angles with your arms



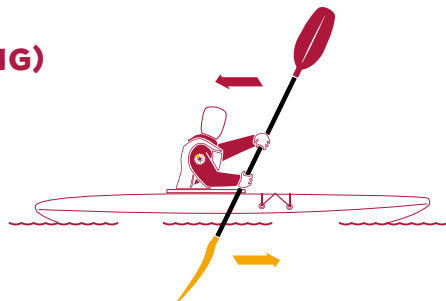
## 2 THE FORWARD PADDLE

- Reach forward and place the yellow blade into the water
- Pull back with your right hand until the yellow blade is next to you
- Then do the same with the red blade on the left



## 3 THE BACK PADDLE (STOPPING)

- Place the paddle into the water next to you
- Push forward
- Repeat on the opposite side



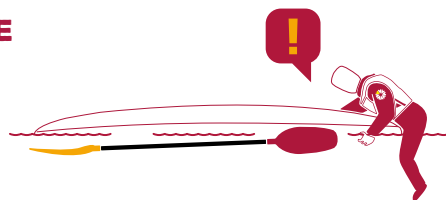
## 4 KEEPING YOUR BALANCE

- When sitting in your kayak, sit with your back straight. Use your hips to balance (not your upper body)



## 5 IN THE EVENT OF A CAPSIZE

- Stay Calm
- Stay with your kayak and hold onto it
- Your guide will be there to help you as soon as possible



# FREQUENTLY ASKED QUESTIONS

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**Your kayaking trip departs from the Milford Discovery Centre. Here are a few things you can do to prepare for your kayaking experience before you arrive:**

- Place your kayak pass around your neck so it is visible to staff
- Use the toilets on board the boat
- Apply sunscreen and/or insect repellent
- Make sure you have your camera ready to record your adventure!



## **I'm new to kayaking. What should I know ahead of time?**

We love sharing our kayaking experience with beginners. Your trained kayak guide will help you with your gear and match you with the right boat for your kayaking experience. Kayaking is fun and easy to learn and our kayaks are built for an easy, relaxing paddle for all skill levels.



## **Will we go kayaking even if it's raining?**

Definitely! Kayaking in the rain can be a fun and exciting experience. Your trained kayak guide will assess the weather before and during your kayaking trip and will take appropriate measures to ensure your safety.



## **I can't swim. Will I be safe in my kayak?**

Yes, you will be fitted with a life jacket and your group will be led by a trained kayak guide. Please pay attention to the directions from your guide as they will be working to ensure the highest level of safety.



## **Can I bring my camera or smart phone with me in the kayak?**

Yes. We have dry bags available for you to borrow to help protect your personal items from getting wet. However it is up to you to ensure its proper use to protect your gear as we can't take responsibility for any damaged equipment.



## **What are the changing areas like and do you supply towels?**

There are limited changing areas at the Milford Discovery Centre. If you'd like to change into your kayaking gear prior to your cruise, we recommend using the restrooms in the Milford Sound Visitor Terminal. Yes, we do supply towels at the end of your kayak trip.



## **Where will we go on our kayaking experience?**

Your trained kayak guide will take you through Harrison Cove, a sheltered area of water on the north side of the fiord. Stay close to your guide and along the way you'll learn more about the environment and history of Milford Sound.

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