

THINGS TO HAVE FOR GUIDED SEA KAYKING, IMPORTANT INFO & WAIVERS

- *Dress in quick dry clothing (no cotton clothes)
- *Sandals or water shoes
- *Water (reusable bottle preferred to be friendly to the environment)
- *A reusable coffee cup to use at our beach stop for coffee, tea or hot chocolate. (Again trying to be as kind to the environment as we can.)
- *Change of clothes for after
- *Waterproof coat
- *Hat, sunglasses, sunscreen, lip balm
- *Ziplock bag or waterproof case for your phone or camera. You won't wanna miss the pictures!!!

THERE IS NO ALCOHOL OR DRUGS PERMITTED AT ALL!!!!!!!

WE ARE NOT RESPONSIBLE FOR DAMAGED, LOST OR STOLEN PROPERTY.

NOTE: PLEASE remember to arrive 1/2hour before your paddle time to get fitted in your safety gear. If the kayak tour is called off by the guide because of weather related issues then you will be given the chance to rebook or given a refund.

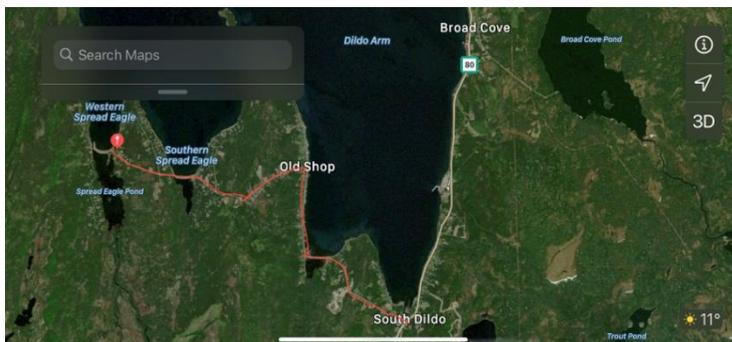
A General Waiver and Covid Waiver must be filled out for each person in the group.

The waivers can be found on the main page of the website at www.windatyourbacknl.ca . Just scroll down the main page to find them.

Spread Eagle

Turn off route 80 in South Dildo at the Old Shop turn off (Across from the Blue Whale Lounge and next to the Needs convince store).Follow that road along, there will be a sharp right turn at the area between the pond and the ocean, watch for the guidance signs. Just past the mail boxes on the right side you will turn left on Spread Eagle road, follow this road to the launch location.

There is a small Wind at your Back Guided Adventures sign at each intersection along the way with our logo on it. Follow the signs to the launch point in Spread Eagle. You will see our RV and kayak trailer there on the beach.



PLEASE DO NOT LITTER ALONG THE ROADWAYS OR IN THE WATERS, RESPECT WHERE WE OPERATE OUR ADVENTURES!! ACTUALLY JUST DON'T LITTER ANYWHERE, EVER!!