

# Student Equipment List & Directions



You will get more out of your program if you come dressed appropriately for the season and time of day!

**Canoeing, Stand-Up Paddling & Kayaking are water sports. Come prepared to get wet!**

## Things you definitely need to have along

- Bathing suit/shorts and T-shirt—you will get wet!
- Towel—you will want to get dry!
- Water shoes—old tennis shoes, sandals with a heel strap or neoprene booties all work well.
- Water bottle—stay hydrated!
- Sunscreen/lip balm
- Snack/lunch—snacks are always good! Bring a lunch for full-day courses.
- Layers—like a fleece or windbreaker in case you get cold.
- Extra clothes—something to change into after class.

## Things you will want to have

- Sunglasses with strap—our pond has already claimed many pairs.
- Sun hat
- Insect repellent—the bugs like to eat lunch at the same time you do!
- Goggles, nose plug—sometimes helpful.
- Windbreaker— even when it's warm, there's nothing to block the wind on the lake.

## Essential for cold or wet weather paddling

In the case of cool weather dress in layers:

- Layer one: Base layer stuff—light weight wool, synthetic, or silk
- Layer two: Pants and top—fleece, wool, pile, or neoprene
- Layer three: Rain gear, wind breaker, or dry top/pants/suit
- Extremities: Gloves and hat

\*\*AVOID COTTON CLOTHES—They will not keep you warm when wet.

## Directions to Rutabaga

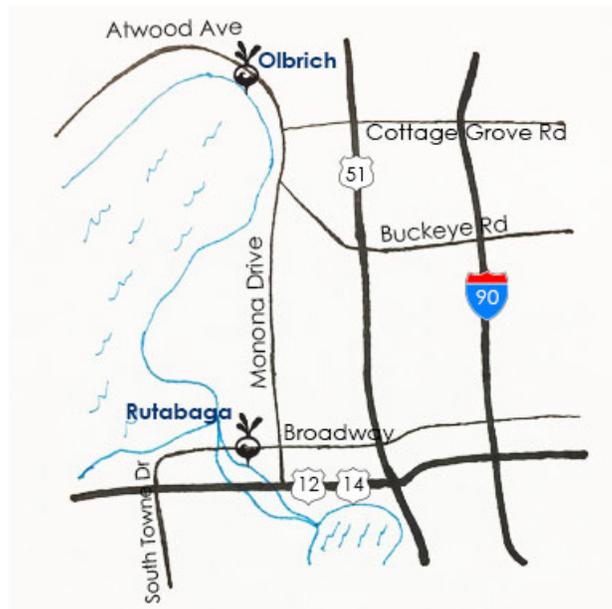
From Hwys 12 & 18 (Beltline), exit on Monona Dr, turn left at the first light, Broadway. The next left is Rutabaga.

## Rutabaga Parking

Please park along River Place, the road just to the East of the shop. We like to keep the main lot for folks coming and going. Thanks!

## Busses

Please park along the curb beside our main lot on River Place.



## Directions to Olbrich Park Beach House

3527 Atwood Ave  
Madison, WI 53714

From Hwys 12 & 18 (Beltline), exit on Monona Dr. Continue North on Monona Dr, it will turn into Atwood Ave. Turn left into the parking lot at the stoplight at Walter St.



220 West Broadway, Monona, WI. 53716

for more information, call 608-223-9300 or e-mail [classes@rutabaga.com](mailto:classes@rutabaga.com)

