

WOMAN'S
GUIDE

SEA KAYAKING

Everything You Need to Know to Get Started (and Keep Going)
Gear, Clothing, Tips, and Advice
Women's Voices: A Women's Approach

SHELLEY JOHNSON SEA KAYAKING EDITOR, CANOE & KAYAK MAGAZINE

Sea Kayaking A Womans Guide

AN Whitehead



Sea Kayaking A Womans Guide:

Sea Kayaking: A Woman's Guide Shelley Johnson, 1998-05-22 The only complete women s guide to sea kayaking Shelley Johnson a professional guide and kayak instructor takes you through the process of becoming a kayaker from deciding where you will paddle to dealing with common fears and stumbling blocks getting quality instruction choosing your boat learning paddling techniques and planning your trips

Sea Kayaking John Dowd, 2015-04-20 Sea Kayaking covers the basics of equipment and technique including types of paddles and strokes as well as such essential skills as how to read the weather and the water how to navigate with and without GPS and how to travel with a group Still regarded as the bible for both new and experienced kayakers after more than thirty years in print Drawing on his many years of experience paddling in all climates John Dowd presents practical advice on dealing with potential hazards from surf to sea ice to sharks carrying out rescues and planning for long distance expeditions New for this edition are hints about digital technologies for planning and navigating while kayak touring as well as lots of tips for outfitting boats adapting equipment and finessing fishing technique while kayak angling whether casting and jigging for fun on a day trip or trolling for dinner on a longer expedition Also fully updated are the sections on managing risk and the inspiring stories of adventure including Freya Hoffmeister s record breaking circumnavigation of Australia and Japanese paddlers increasingly challenging trips around the islands and beyond As a sport sea kayaking continues to evolve Once the sport of a very few long distance paddlers embarking on international expeditions then the recreational pursuit of many weekend tourers sea kayaking is now popular with many day trippers as well As more and more paddlers take to the water for the day the weekend or many months this classic guide continues to be required reading for those seeking adventure on the open ocean

The Complete Sea Kayaker's Handbook Shelley Johnson, 2001-12-27 The Complete Sea Kayaker s Handbook is a comprehensive guide to the full sea kayaking spectrum bringing a fresh approach and a dynamic voice to the subject Author of the critically acclaimed Sea Kayaking A Woman s Guide Shelley Johnson covers all the bases for beginning to advanced sea kayakers It s all here from selecting the right kayak and gear to preparing and making an extended tour mastering the strokes rolls and exit techniques navigating and much more

The Complete Sea Kayakers Handbook, Second Edition Shelley Johnson, 2011-01-19 Her writing is clear and concise sprinkled with bits of humor and many tips gleamed from her years working as a kayak instructor guide and outfitter Sea Kayaker Magazine The first edition of The Complete Sea Kayaker s Handbook received immediate acclaim with its selection as the Best Outdoor Instructional Book by the National Outdoor Book Award group Now this book boasts 352 pages with changes throughout to reflect the growth of kayaking as a sport This book is your first step to adventure on the water with everything you need to know from buying a kayak to dressing for the water Updates include New photos throughout showing new boats equipment stretching and repair techniques A new section on used boats and how to shop for them Expanded sections on boat materials section to include the newer laminates buying a new kayak use of GPS for

navigation family paddling Planning Your Dream Trip Taking Care of Your Stuff to include more retrofit and repair information on a wider range of boat and paddle material Improvements in materials and more data on hypothermia Changes in safety technique descriptions reflecting the new equipment on the market information on stretching proper posture in a kayak and easy modifications to kayak seats for more comfortable paddling Topics include Getting Ready Kayaks Accessories and Clothing Getting to Know Your Kayak Controlling Your Kayak Getting Into and Out of the Water Real Life Paddling Finding Your Way Kayak Navigation Trip Logistics Group safety Kayak Camping Planning Your Dream Trip Taking Care of Your Stuff

Sea Kayaking Safety and Rescue John Lull, 2013-03-15 The most comprehensive manual on how to kayak safely in a wide variety of sea environments from inland waterways to ocean rock gardens tide rips surf zones and the open ocean Aimed at beginners through experienced kayakers this book describes how to deal with hazards not just avoid them using real life extensively tested techniques proven to work You ll learn fundamental skills for recovery and rescue and master safe paddling techniques in ocean conditions Numerous photos accompany step by step descriptions of the Eskimo roll towing methods self and partner rescues backup strategies and group dynamics The second edition has a fresh chapter on fine tuning your strokes which will significantly increase kayaking fun and safety

Sea Kayaking Philip Woodhouse, 2013-12-16 In *Sea Kayaking* comprehensive guide for those who travel the open waters in the Southern Hemisphere Philip Woodhouse Australian paddler and Royal Australian Air Force veteran shares his years of experience technical training and military teaching skills What began as a personal reference was soon developed as a training manual recommended by the Victorian Sea Kayak Club to its members and East Coast Kayaking to their patrons and Australian Canoeing students *Sea Kayaking* covers boat design kit requirements paddling skills health and well being meteorology the ocean environment navigation communications conservation and minimal impact camping conservation seamanship electrical bilge pumps solar panels light sources boat repairs leadership risk management basic safety and survival strategies as well as a brief overview about the history and various types of canoeing There is also a comprehensive glossary to assist the reader in understanding the terms and concepts discussed in the main text Woodhouses work differs from most manuals about sea kayaking in that it is written from the perspective of someone who paddles the Southern Hemisphere As such the major differences between the two hemispheres weather patterns navigation laws and terminology are discussed as well as compared to their Northern Hemisphere counterparts In the end paddling skills are paddling skills hypothermia is hypothermia and twenty five knot winds are twenty five knot winds A three metre tidal range can still produce a long haul across mud flats when the tide is out and landing through two metre surf is still scary though a lot of fun no matter where you paddle

Basic Illustrated Kayaking Falcon Guides, 2014-02-01 For a generation the Basic Illustrated series has been as much a part of the outdoors experience as backpacks and hiking boots Information packed tools for the novice or handy references for the veteran these volumes distill years of knowledge into affordable and portable books Whether you re

planning a trip or thumbing for facts in the field Basic Illustrated books tell you what you need to know Basic Illustrated Kayaking Basic Illustrated Kayaking includes a buying guide to kayak design kayak features accessories and gear so the reader can decide the kind of kayak that is right for him or her The book is packed with step by step information on transporting launching and landing basic and advanced strokes techniques navigation rescues and expedition planning It focuses on recreational flatwater kayaking providing step by step instructions and easy to follow photos *Knack Kayaking for Everyone* Bill Burnham,Mary Burnham,2010-04-23 Knack Kayaking for Everyone is the most visually driven and yet informative guide to every aspect of an aquatic sport whose popularity has skyrocketed in recent years The first chapters comprise an idea packed buying guide to kayak design kayak features accessories and gear The book then presents step by step information on transporting launching and landing basic and advanced strokes techniques navigation rescues and expedition planning In addition it fully explores recreational flatwater kayaking whitewater kayaking and sea kayaking providing instructions for each Ideas for fun and games and special paddlers children the elderly the handicapped are also included as are chapters on weather and first aid *A Woman's Guide to the Wild* Ruby McConnell,2016-03-15 Hike camp backpack and navigate the wilderness like a pro with this fun and comprehensive survival guide for outdoors women and fans of Cheryl Strayed's Wild This fun practical handbook covers everything from feminine functions like dealing with your period and peeing in the woods to staying safe like protecting yourself from strangers You'll also find chapters that help you prepare for and make the most of your time in the wilderness with information and advice on Gear lists Personal Care Camp setup Fire building Weather Navigation Food Water Fun and informative A Woman's Guide to the Wild will inspire you to get out on your own or with your girlfriends explore the wilderness and get a little dirty **Sea Kayaker's Pocket Guide** Shelley Johnson,2001-10-22 Written by a nationally recognized kayaking instructor this pocket guide provides paddlers with quick concise answers and no frills advice on how to deal with more than 100 situations they will likely encounter at some point regardless of experience 100 illustrations *Paddling the Everglades Wilderness Waterway* Holly Genzen,Anne McCrary Sullivan,2011-08-09 Create a canoeing or kayaking experience you'll never forget through Florida's Everglades National Park and the 99 mile Wilderness Waterway Those in the know will tell you there is only one way to truly experience Florida's Everglades National Park and that is by canoe or kayak Whether you are a novice paddler or a seasoned whitewater river runner Paddling the Everglades Wilderness Waterway is your all in one guide for safe adventure on this spectacular route Authors Holly Genzen and Anne McCrary Sullivan present 17 of their favorite day and overnight trips from various Everglades departure points Having spent years exploring this maritime labyrinth the authors share their intimate knowledge of historic Everglades rivers and bays the endless horizon of its Gulf Coast the eerie beauty of its mangrove forests and the secrets of ancient tribes and early American pioneers Descriptions of wildlife abound the birds the alligators as do the details of exquisite flora that flourishes here Inside you'll find The complete 99 mile Wilderness Waterway route

between Everglades City and Flamingo north to south and south to north 17 day trips and overnight paddles Nearly 30 campsites and gazebo like chickees stilted over the water Maps GPS coordinates trip preparation safety tips and waterway etiquette An expansive directory of Everglades flora fauna people and places Intimate observations about Everglades history environment and its future Whether you only have time for a brief Everglades visit or are embarking on a 10 day expedition this book is for you

Sailing: A Woman's Guide Doris Colgate,1999-01-22 Doris Colgate knows what women want Well known as a sailing role model and a confident yet gentle teacher she writes with clarity on even the most complex sailing concepts as well as answering often asked questions on the safety comfort and social sides of sailing *Sailing A Woman's Guide* pulls it all together for the beginning sailor Finally an excellent book for women that both teaches and motivates Bravo Doris You've opened up the sport Bernadette Peters editorial director *Cruising World* It took a person with her fingers on the pulse of women aspiring to sail to write this book and that person is clearly Doris Colgate *Sailing A Woman's Guide* is as much a source book as empowerment to women the world over desiring to become sailors Micca Leffingwell Hutchins editor of *SailNet* An excellent introduction to the sport of sailing It will undoubtedly encourage many women to try this challenging noncontact activity while enjoying the great outdoors Betsy Alison Four time Rolex Yachtswoman of the Year This new series is designed to teach outdoor skills to women in the way they learn Women of all ages describe how they overcame obstacles what they enjoyed most or just how they felt about undertaking a new activity extremely well done and appealing Library Journal starred review

Sea Kayaking Johan Loots,2000 Basic guide to one of the fastest growing paddlesports The popularity of sea kayaking has grown enormously in recent years but the sport requires different equipment and skills than running rivers This richly illustrated guide will help paddlers of any level choose a boat from the myriad of new designs and materials and to learn techniques for reading water and navigating tides currents and waves It also instructs in the basic skills of rescue emergency repair and first aid and provides a guide for planning trips

The Active Woman's Guide to Pregnancy Aneema van Groenou,Aneema Van Groenou,2004 For active women the outdoors continues to call even during pregnancy What vital women really need to know is how to nurture a healthy pregnancy while continuing to participate in the outdoor activities they love What's safe and what's not What are the benefits and risks for both mom and baby In *THE ACTIVE WOMAN'S GUIDE TO PREGNANCY* Dr Aneema Van Groenou provides a thorough and accessible guide to practicing safe and healthful outdoors exercise throughout pregnancy Starting with an overview of the amazing benefits of exercise during pregnancy Dr Van Groenou moves on to the myths and risks then covers gear warming up cooling down and stretches The heart of the book is an activity by activity description of proper techniques and realistic expectations for each trimester This guide is full of practical advice that will keep women healthy and mobile all nine months

Effective Leadership in Adventure Programming Simon Priest,Michael Gass,2018-10-30 Some books address outdoor leadership others focus on adventure programming None delve into the specifics of both topics like *Effective Leadership in Adventure Programming*

Third Edition does The first edition of this book helped define the body of knowledge for an emerging profession Two editions later this groundbreaking text now in full color provides adventure leaders with the tools and evidence they need to show that their outdoor programs are effective and have a lasting impact on their participants Internationally renowned authors Simon Priest and Michael Gass have significantly updated the content based on the latest research issues and trends in the field of adventure education and leadership They have reorganized chapters to conform to their new model of building core competencies In addition this third edition includes the following features Material on technology social justice cultural adaptation sustainability and facilitation techniques An online instructor guide that offers activities discussion questions and assessments compiled from a group of acclaimed instructors A digital field handbook that offers quick reference to key models concepts and checklists covered in the text An expanded version of global perspectives valuable for long standing programs as well as those just beginning to enter the field Effective Leadership in Adventure Programming details both the art and science of adventure leadership helping a new generation of outdoor leaders develop their skills The text extends the focus on evidence based models theories and best practices showing that science and research are as important to the profession as the natural beauty of the environment The book describes the core competencies of outdoor leadership providing a framework that helps leaders connect with participants in meaningful ways based on mutual goals The focus on the science side is invaluable to new leaders and less experienced leaders and it is a great refresher for leaders with more experience This new edition offers a more detailed look at diversity and cultural competencies preparing leaders to effectively manage diverse populations of participants In addition the content is in line with the updated accreditation standards from the Association for Experiential Education The opening chapters of Effective Leadership in Adventure Programming supply a solid foundation in the research philosophy ethics and history of outdoor leadership Numerous chapters explore the skills leaders need with topics that include technical activity safety and risk management environment organization instruction and facilitation The authors also examine leadership styles and conditional leadership issues communication sound judgment decision making problem solving and the trends and issues in adventure programming Effective Leadership in Adventure Programming will help readers understand the four adventure program areas recreation education development and therapy and how they influence the delivery of outdoor leadership The book is a valuable resource for the training and education of future outdoor leaders It will help readers know why they should work in the profession and understand how they can make a difference by being an effective outdoor leader

Subject Guide to Books in Print, 1991 Canoe & Kayak, 2002 Technical Skills for Adventure Programming Mark Wagstaff, 2009 This curriculum guide will improve your knowledge and technical instruction skills in land water and snow and ice sports and activities It will guide you in becoming a skilled adventure instructor in the classroom and in the field The CD ROM has printable lesson plans for each unit that make it easy to print only what you will need in the field book cover *The Library*

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