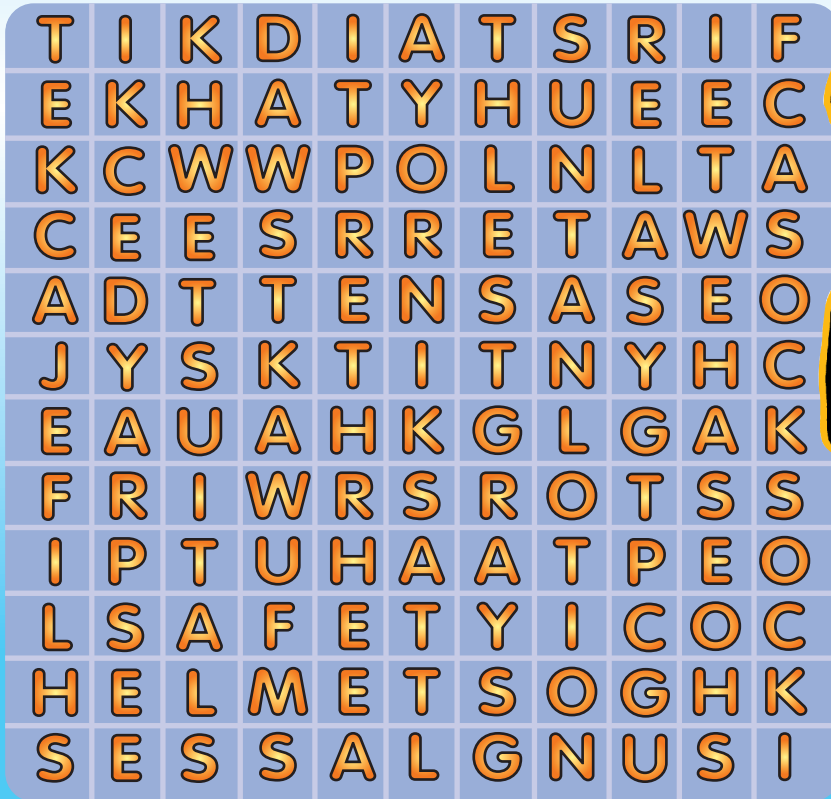


BE READY TO PADDLE!

To enjoy your next paddling trip, be equipped for safety and comfort. Depending on the weather, dress in layers with a **wet suit** over **shorts** and a **shirt**. This allows you to change clothes to keep dry, keep warm or to keep cool. **Sunglasses** and **suntan lotion** protect you from the sun. A **helmet** can protect your head. If you don't wear a helmet, a **hat** can also protect you from the sun. Drink plenty of **water** throughout your trip. A **first aid kit** is great for emergencies. A **whistle** is important for signaling in case you need help. **Pogies** keep your hands dry and warm. Paddling **shoes**, sneakers or sandals with **socks** keep your feet warm and dry. The most important part of your gear is a **life jacket**. **Make sure it fits properly and always wear it.**

Find and circle all the words labeling Ben's gear in the word search below. The words can be up, down, diagonal and backwards. Arrange the letters highlighted with a yellow circle to form a secret word found in the word search.



Try to wear clothing made of synthetic fibers instead of cotton. Synthetic fibers such as Lycra dry faster when they get wet.

