

**Tips on Kayaking through the winter months: By Jarad Kohlar**

As the sun losses it spark and the daylight hours shorten and the temperature start to drop. Paddling through the winter months can be hard work both physically and mentally. Below are five tips and tricks to make your paddling in the winter months as enjoyable as those picture perfect sunny summer days.



**1: Clothing**

If you get off the water and your feet, chest or fingers are cold. Then you need to upgrade your winter paddling attire. It's always better to paddle warmer in winter, this will make sure you avoid catching those winter colds or flues.

A good pair of booties, pogies, warm hat and wind/waterproof jacket, are all compulsory, pieces of paddling clothing in winter.

**2: Lights**

Don't let that lack of light in the morning or evening stop you from paddling. Invest in a good quality head torch and red flashing light. Glow sticks are also a good option. Dark paddling is great fun and good for your skills it will add a new element to your paddling experience.

**3: Cross training**

Swimming and gym work can both be good cross training tools for paddling. The winter months are always a good time to drop a session or two on the water with a session or two in the pool or gym.

**4: Video**

Winter always brings along an increase in still, dead flat days both on the river and in the ocean. Use this time to work on you technique for the up and coming season. Get out the video camera with a mate and do that video session you both have been meaning to do.

**5: Experiment in both setup and craft choice**

Technology is always changing, which is constantly effecting craft setup and design. Use the winter months to try different setups positions and craft designs. Then when the season comes around your setup will be spot on and your craft might even get an upgrade.

Until then, embrace those winter storms and go paddling, down wind style.

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