



# Your Stand Up Paddle Boarding Checklist

Whether you are new to stand up paddle boarding or a seasoned SUPer, keep this checklist on hand. You'll find top tips on the best water, must-pack equipment, and more!

## 1. Get Packin':

Before you head out on your day of sun, fun, and water, make sure you have your paddle board essentials packed.

### Essentials and Safety Equipment:

- Paddle board
- Paddle
- SUP leash
- Fins
- Pump (for inflatable boards)
- Personal floatation device, emergency whistle, and headlamp
- First aid kit
- Compass

### Personal Items:

- Water-resistant sunscreen
- Sunglasses
- Waterproof protective bag for: cellphone, camera, maps, wallet, and keys
- Towel
- Insect repellent
- Snacks or light lunch
- Water bottle

### Clothing:

- Rashguard
- Wetsuit, swimsuit, or board shorts
- Water shoes or sandals

## 2. Best Spots for Unique Paddle Board Experiences

Park City's paddle board scene offers everything from still waters located minutes from downtown to worth-the-drive crater treks.

- Deer Valley Resort:** Located at Pebble Beach, you'll enjoy sandy beaches and serene waters. Rentals, classes, and tours are available.
- Jordanelle Reservoir:** Popular water recreation site, mere minutes from Park City, with a full service marina.
- Weber River:** Known for rafting, Weber River also boasts plenty of calm spots perfect for all levels of paddle boarding.
- Homestead Crater:** One-of-a-kind geothermal hot spring that also offers rejuvenating paddle board yoga experiences.
- Mirror Lake:** Appropriately named for its stunning reflective surface, Mirror Lake offers excellent views for paddle boarders. Be sure to bring your own rentals.
- Lower Provo:** Well-suited for experienced paddlers. Bring your own board, life vest, and paddle board leash to float down the Lower Provo River.

## 3. Gear Up for your SUP Adventure:

From rental essentials to clothing for a day on the water, these Park City spots stock everything you need, from equipment rentals to stylish and practical gear.

- Jans:** Park City's go-to outdoor outfitters shop stocks everything from rash guards, swim attire, towels, waterproof shoes, and more.
- Park City SUP!:** Don't have your own board or other equipment necessities? Not to worry! One of our premiere paddle boarding companies, Park City SUP runs the on-water rental and sales shop at Pebble Beach.