

# 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 programs.
- Layers—like a fleece or windbreaker in case you get cold.
- Extra clothes—something to change into after class.

## Things that might be really nice to have

- Sunglasses with strap—the lakes and rivers have claimed countless pairs.
- Sun hat with a chin strap to keep the wind from taking it
- Insect repellent—the bugs like to eat lunch at the same time you do!
- Goggles, nose plug—sometimes helpful, particularly for kayaking wet exits and rolling.
- Windbreaker— even when it's warm, there's nothing to block the wind on the lake
- Waterproof case for phone or camera if you plan to try and take pictures!

## 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, polyester, 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. Cotton will pull your heat to dry itself.

## Directions to Rutabaga

[2620 Rimrock Road](#)  
[Fitchburg, WI 53713](#)

From Hwys 12 & 18 (Beltline), exit on Rimrock Road and head South for about 1/2 mile. Rutabaga will be on your right.

## Directions to Esther Beach Park

[2802 Waunona Way](#)  
[Madison, WI 53713](#)

From Hwys 12 & 18 (Beltline), exit on W. Broadway/South Towne Dr. Turn north on W. Broadway/South Towne Dr. In approx. 1/4 mi, turn left on Frazier Ave. Turn left on Waunona Way. Esther Beach Park will be on the right hand side. If the parking lots is crowded, please unload your gear and park on Waunona Way or one of the side streets.

## 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.



2620 Rimrock Rd, Fitchburg, WI 53713



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