

# TRAVEL AND LOGISTICS

## Chicago Sea Kayak Seminar

July 19 or 20<sup>th</sup>, 2008

Cost: \$80.00

**Starting Location:** Gillson Park, Wilmette, IL

**Ending Location:** Gillson Park, Wilmette, IL

**Starting Time:** 10 am

**Ending Time:** 4 pm

**Location:** The seminar will start and finish the day at Gillson Park in Wilmette, IL. In the event that conditions on Lake Michigan are too rough for paddling the seminar will be moved to Skokie Lagoons in Winnetka. **All participants are instructed to call the NW Passage office at 847-256-4409 or 800- 732-7328, press #3, after 8:30 am on the day of the seminar to hear a recorded message confirming the location for that day.** Boats and equipment will be transported to this site. Participants should plan on arriving by 9:45 so the seminar can get started on time.

### Seminar Details:

We will start the day with boat anatomy, basic safety and paddling strokes. A few basic rescue skills will be covered so plan on getting wet. We will utilize some the skills that we have learned and take an afternoon paddle. Boats, paddles, PFD's (life jackets) and necessary boating equipment will be provided as well as lunch.

Wear shorts and a T-shirt or bathing suit, and a pair of shoes you don't mind getting wet. (River/sport sandals with an ankle strap or old tennis shoes work well.) Reflection off the water can be strong so bring sunscreen, sunglasses with a retainer strap and a sun hat (a long-sleeve, collared sun shirt may also be necessary.) If you get cold easily we recommend bringing a wetsuit, paddle jacket or poly pro top and bottom. In any event, plan on bringing a rain coat or wind jacket. A dry change of clothes left in your vehicle is recommended.

### What to wear:

- Shorts or swimsuit
- River/sport sandals or old tennis shoes
- T-shirt or long sleeve sun shirt

### What to bring:

- water bottle
- sun hat
- sunscreen
- sunglasses with retainer strap
- rain coat or wind jacket
- paddling jacket (optional)
- one layer of poly pro (optional)
- wetsuit (optional)
- neoprene booties (optional)
- Personal PFD , lifejacket (optional)

### Contact Information Prior to the Seminar:

The alumni office is located at the NOLS Headquarters in Lander, Wyoming. We can be reached at (800) 332-4280. You can also reach us at our direct numbers: (307) 335-2243 for Diane Shoutis, (307) 335-2279 for Rich Brame and (307) 335-2274 for Willy Cunningham.

Email is also an option: [alumni@nols.edu](mailto:alumni@nols.edu).