



SELF-GUIDED PADDLE TRIP SERVICE With DELIVERY

To register for our Self-Guided Trip service please contact the Frog Hollow office a minimum of 3 days prior to the date you are interested in getting out on the water. Occasionally we can set up trips the day before you want to get out but this is not always the case.

The Self-Guided Trip Service (with delivery) through Frog Hollow Outdoors includes the following:

- Kayaks and/or Canoes
- Paddles
- Life Jackets
- Map and basic orientation of paddling location
- Life jacket fitting and basic safety briefing
- Delivery and pick up of kayaks and/or canoes

Self Guided Trip Service (with delivery) Registration Process Outline:

1. Research where you would like to paddle - Information regarding many of our delivery locations can be found by [Clicking Here](#)
2. Call to inquire about boat availability, date, and location
3. Make payment to lock in boats and delivery for specified date and time
4. The Tuesday prior to your trip, Frog Hollow will email you a reminder and directions link
5. Meet Frog Hollow staff at the access for the paddling location
6. Get set up with equipment, go through safety briefing, get out and enjoy the water
7. Meet Frog Hollow staff back at the access at the end of your paddling time

What to Wear:

Wear clothing that is comfortable, appropriate for the forecasted temperatures, and that you do not mind getting potentially dirty and wet. It is always better to have more layers than you think you need (especially in the Spring and Fall)

What to Bring:

- Water (we recommend 2qts/person)
- Snack
- Hat and Sunglasses
- Bug Repellent
- Sturdy footwear you do not mind getting dirty and wet
- Towel
- Personal Meds (inhaler, epi pen, etc)
- Full change of clothes – just in case ☺