



Where are you located?

We are located on Mile Post 1 on the By Pass (aka: The Big Road or Route 158) heading towards Currituck as if you were leaving the Outer Banks. We are on the south side of the highway in a blue building with a Kitty Hawk Kayak and Surf School sign next to Islander Flags and the Bean Drop. We are just east of Victory Chevrolet. Don't go too far past us or you will end up on the Wright Memorial Bridge heading towards Virginia!!! Our address is:

Kitty Hawk Kayak and Surf School
6150 North Croatan Highway, Mile Post 1
Kitty Hawk, NC 27949
(252) 261-0145
1 (866) 702-5061
info@khkss.com
www.khkss.com

Our mailing address is:
Kitty Hawk Kayaks & Surf School
1407 Percy Street
Kill Devil Hills, NC 27948

How do I sign up for a tour or a lesson?

Reservations can be made via e-mail, our online form, by phone or in person. All participants must sign a waiver and submit payment before the lesson or tour.

Do I need a reservation?

Reservations are recommended at least two weeks in advance for all kayak tours and surf lessons in June, July and August. Tours and lessons can fill up so it's best to book when you know you want to go. Tours in the Fall, Winter and Spring are less likely to fill up.

Surf School FAQs

What is a typical surf lesson like?

A typical surf lesson lasts two hours. The lesson begins with the anatomy of a surfboard and its terminology. Next paddling techniques, balance and feet positioning are discussed. Participants then practice popping up onto the surfboard on the beach before getting wet. Safety protocols for the group are then discussed and the remainder on the lesson (usually about an hour and a half) is spent in the water surfing. The instructor is there to help you catch waves and answer any questions you might have about surfing, the ocean, waves, or surf culture.

Remember to always respect the ocean and never paddle out in unsafe, stormy or ocean conditions out of your ability. Also remember: "The Best surfer is the one having the most fun."

Surf Lessons cost \$60.00 a person.

What is a Surf Camp?

The Surf Camp is for beginner surfers who are trying to learn all they can about surfing while at the beach. The camp will last three days and lasts two hours each session. The camp will take you from kook (novice) to shredder (good surfer). Besides learning how to drop in, go down the line, turn, paddle and judge waves we will also enlighten you on the topics of ocean safety, North Carolina coastal geology, lunar cycles, wave formation, surf history, board shape science, surf lingo and all other things surf related. School's in session and surfing is the class. Come and join us so you can get surfing today.

Surf camps cost \$160.00 a person.

What time do your lessons start?

All surf lessons start at 9 AM unless otherwise noted but you should meet at 8:45 AM at our shop in Kitty Hawk. That gives us enough time to fill out waivers, handle payment and size you up for a board and wetsuit if necessary. The wind is usually better early so it pays to get out of bed. Plus there are a lot less people on the beach and in the water at that time and we get the beach all to our selves.

Where do I meet for a lesson?

We are located on Mile Post 1 on the By Pass (aka: The Big Road or Route 158) heading North towards Virginia leaving the Outer Banks. We are on the south side of the highway in a blue building with a Kitty Hawk Kayak and Surf School sign next to Islander Flags and the Bean Drop. We are just east of Victory Chevrolet. Don't go too far past us or you will end up on the Wright Memorial Bridge heading towards Virginia!!! Our address is:

Kitty Hawk Kayak and Surf School
6150 North Croatan Highway, Mile Post 1
Kitty Hawk, NC 27949

What is the Surf Lesson and Kayak Tour Package?

Get the most out of the Outer Banks coastal environments with our Surf and Kayak Tour Package. Save 15% the regular price by booking both. Enjoy a morning Surf Lesson with an afternoon kayak tour. Lunch will be on your own midday and after this exciting day you will be worn out, but grinning from ear to ear having learned how to surf and kayak all in one day!!!

Surf Lesson and Kayak Tour Package costs \$90.00 a person.

What are the prices for surf lessons and surf camps?

Our surf lessons cost \$60.00 a person.

Our surf camps cost \$160.00 a person.

Our surf lesson and kayak tour package costs \$90.00 a person, a 15% discount off the regular price.

Are there any discounts for large groups?

We offer a group discount of 10% off the total lesson price for groups of 6 or more and 15% of groups of 10 or more. We offer 30% for schools, youth groups and groups over 20.

Why should I choose the Kitty Hawk Kayak and Surf School for my surf lessons on the Outer Banks?

We have been teaching people how to surf since the Y2K scare of 1999 and have taught people how to surf in North Carolina, Virginia, Spain, Australia, Morocco and Costa Rica. Our surf lessons on the Outer Banks focus on having fun, getting some good exercise, and learning about ocean safety all in a safe and friendly atmosphere. In our book, the best surfer is the one having the most fun. Herman Hall, our lead surf instructor, has taught people to surf in Costa Rica, Australia, Spain, Morocco and the Outer Banks. He is an accredited Surf Coach through the National Surf School and Instructor Association, and has been trained as an Emergency Medical Technician, Wilderness First Responder and Instructor for First Aid and CPR through the American Red Cross. He has worked as an oceanfront lifeguard for five years and has been surfing since 1989. He has taught thousands of people to surf safely and effectively. Take it from us: you won't find a more experienced or qualified surf instructor on the beach.

Where are your surf lessons and surf camps held?

Typically our lessons and camps are held in the beaches of Kill Devil Hills and Nags Head. Because of the old surfer adage: "time and tide waits for no man" our staff will check the surf before each lesson at a couple of different spots to find the best sand bars and surf conditions for beginner surfers. As local surfers we are in tune with the best breaks and sand bars for beginner surfers, and with what makes those spots tick. Thus we may be surfing at different beaches each day. This insures the right type of wave for beginners and makes the lesson more enjoyable for our surf students.

What is your ratio of instructors to students?

We maintain a 1:4 ratio of instructors to students. This insures maximum safety, a high quality of individualized surf instruction and fun in the water for everyone. We have the lowest instructor to student ratio of any surf school on the beach.

What are your safety protocols?

All of our surf instructors are trained according to the National Surf School and Instructors Association (NSSIA) protocols. (www.nssia.org) They are the largest and most respected surf school organization with excellent safety and instructional guidelines. We also follow all lifeguard postings of beach and ocean closures for rough surf. We reschedule lessons for later dates if the seas are too dangerous for the group's swimming abilities. This decision is made by the Surf Instructor and is done in the best interests of the client's safety. Surf Lessons will never occur in dangerous surf or thunderstorms. Rain does not constitute dangerous surf; you are

going to be in the water so why does it matter if it rains? And besides, sometimes the waves are quite shapely during a summer shower.

What if the weather is bad?

Surf lessons will never occur in dangerous surf or during thunderstorms. Our staff is constantly checking local and national radar, as well as the National Oceanic and Atmospheric Administration (NOAA) and other weather and marine forecasting websites. If the ocean is unsafe and prevents us from having the lesson we will contact you to reschedule the lesson for a later date, or if that isn't feasible, we will refund the lesson. Rain does not constitute dangerous surf. You are going to be in water so why would it matter if it rains? And besides, sometimes the waves are quite shapely during a summer shower.

What if there are no waves?

On rare occasions Poseidon does not conjure up any waves for a lesson. We will check several spots to find waves suitable for the lesson. If our search for waves proves fruitless, we will reschedule the lesson for a later date. If your vacation schedule cannot accommodate a later date we will refund the lesson.

What should I bring?

Remember to bring a towel, water, and sunscreen to the lesson and arrive 15 minutes before the lesson starts at our location in Kitty Hawk. You do not need to purchase a rash guard for the lesson but they do help protect you from the sun and rashes from skin to wax contact. The Kitty Hawk Kayak and Surf School is not responsible for items left on the beach during the lesson. Do not bring items to the beach unless you can secure their safety during the lesson.

What can I do for a rash my child got during the surf lesson?

Stomach and thigh rashes are very common to ALL surfers, even the pros. Think of a rash like blisters on your stomach; the more you surf, the more calluses your body builds up to protect against the blisters and rashes. After you surf wash the area with fresh water and pat dry. Then apply baby powder right afterwards over the inflamed area and again before you go to sleep. This helps the rash heal quickly for your next surf session.

What is the minimum age requirement for surf lessons?

All participants must be 8 years old unless accompanied by a parent or guardian, and all participants must be competent swimmers and comfortable in the water. We are not offering swim lessons, and unfortunately the ability to swim is a pre-requisite to surfing. If a child's lack of swimming ability is putting them at risk, they will be removed from the water. Refunds are NOT given because a child is afraid of the water or unable to swim safely. For participants 6-9 years old we recommend private lessons. This decision is made in the best interests of the safety of the students and other participants in the group lesson.

What is the 24-hour cancellation policy?

The Kitty Hawk Kayak and Surf School requires 24-hour notice for canceling lessons to receive a refund. When you book a lesson, we are reserving your space on the lesson and we expect you can adhere to the schedule of your reservation. Rescheduling and refunds due to foul weather are done on a case-by-case basis. Rain does not constitute foul weather, nor does it guarantee a refund.

What is your lesson cancellation refund policy for bad weather?

Our guides and surf instructors are the ones who cancel a tour due to unsafe weather conditions. Although the weather in the Outer Banks is beautiful, we CANNOT guarantee perfect weather for every lesson. Our staff is constantly checking local and national radar, as well as NOAA (National Oceanic and Atmospheric Administration) and other weather and marine forecasting websites. Our lessons go out rain or shine. Rescheduling and refunds due to foul weather are done on a case-by-case basis. Rain does not constitute foul weather or a refund.

Kayak Program FAQs

What is a typical kayak tour like?

All of our kayak tours begin with paddling instruction, boat steering techniques, safety protocols and a description of the tour area and route. Then we hop in the boats and practice our strokes, turning, breaking and paddling backwards. Now we are ready to venture off onto the tour and observe the natural beauty of the Outer Banks and coastal North Carolina. The guide will talk about local flora and fauna, coastal ecology, local history and offer kayaking tips throughout the tour. We will do all we can to make sure everyone is comfortable and having a good time.

What if I have never paddled a kayak before?

You do not need previous kayaking experience to enjoy a kayak tour. It is easier than you think and with some basic paddling information, a little practice and the help of an experienced guide you can navigate the boat all by yourself and enjoy the breathtaking perspective on the water that only a kayak can offer. If you or a member of your group is particularly nervous, we would recommend the Kitty Hawk Woods Maritime Forest Tour as it is the most sheltered and stable paddling environment.

What if the weather is bad?

All of our tours & activities are held in an outdoor setting, which is subject to sun, wind, rain, insects, etc. Except for extreme conditions, these activities will be held rain or shine. Please come prepared and dressed for the weather; we do run tours in the rain. You will be notified by your tour guide as promptly as possible if a tour will be cancelled for any reason, usually thunderstorms, high winds or dangerous surf, and we will reschedule the tour. If your vacation schedule cannot accommodate a rescheduling due to severe weather, we will refund the tour.

What should I bring for a kayak tour?

You should bring lots of water (1qt min), sunscreen, clothes you don't mind getting wet and or dirty, shoes you won't mind getting wet (sandals are great, flip flops are not), hat, sunglasses with strap, insect repellent and snacks. A towel is good to have to dry off with after the tour, and a change of clothes is nice too. If rain is in the forecast a raincoat or waterproof jacket will come in handy as well.

What are your safety protocols for kayak tours?

All kayak tours are given by a CPR and First Aid trained kayak guides with years of kayaking and paddling experience. We also train our staff, and other kayak guides from other kayaking companies according to the American Canoe/Kayak Association to give instruction. (<http://www.americancanoe.org/>) Kayak tours will never occur in dangerous water conditions, very high seas or thunderstorms. Rain

does not constitute dangerous seas. And besides, sometimes the best kayak tours occur during a cool summer shower which can bring out the wildlife.

Why should I choose the Kitty Hawk Kayak and Surf School for a kayak tour?

Kitty Hawk Kayaks, our namesake, is the oldest and most respected kayak tour operator on the Outer Banks. We also train all our staff according to the American Canoe/Kayak Association to give instruction. (<http://www.americancanoe.org/>) They have also received extensive training on local flora and fauna from the National Park Service, The Coastal Land Trust, community college professors and other environmental experts to make every tour an enriching, educational experience. We have thoroughly scouted out all our tour areas and are very familiar with the natural environments, wildlife and weather conditions typical of those sites. We also host training events attended by our competitors...so you could say we train the guides of our competitors. ☺ Lastly, we practice what we preach as a member of the 1% For the Planet campaign donating 1% of our profits to environmental causes locally, nationally and internationally. We have also helped film wildlife documentaries with the Discovery Channel, who selected us over our competition for our experience, professionalism and know how.

What is the 24-hour cancellation policy?

The Kitty Hawk Kayak and Surf School requires 24-hour notice for canceling tours for whatever reason to receive a refund. Cancellations under the 24-hour period will not receive a refund. When you book a tour, we are reserving your space and we expect you can adhere to the schedule of your reservation. Rescheduling and refunds due to foul weather are done on a case-by-case basis due to thunderstorms, high winds or dangerous surf. Rain, clouds or less than ideal conditions do not constitute foul weather or a refund.

What is your refund or cancellation policy?

Our guides and surf instructors are the ones who cancel a tour due to unsafe weather conditions. Although the weather in the Outer Banks is beautiful, we CANNOT guarantee perfect weather for every tour and lesson. Our staff is constantly checking local and national radar, as well as the National Oceanic and Atmospheric Administration (NOAA) and other weather and marine forecasting websites. Our tours and lessons go out rain or shine. Rescheduling and refunds due to foul weather are done on a case-by-case basis, usually for thunderstorms, high winds or dangerous surf. Rain, clouds or less than ideal conditions does not constitute foul weather or a refund.

What do your kayak tours cost?

Kitty Hawk Coastal Reserve Maritime Forest Tour:	\$40.00 per person
Alligator River National Wildlife Refuge Tour:	\$50.00 per person
Pea Island National Wildlife Tour:	\$45.00 per person
Full Moon Tour:	\$45.00 per person
Sunset Tour:	\$40.00 – 45.00 per person
Corolla Salt Marsh Tour:	\$45.00 per person
Roanoke Island Tour:	\$45.00 per person
Roanoke Island Night/Bioluminescence Paddle:	\$45.00 per person
American Canoe Association Quick Start Class:	\$100.00 per person
Surf Lesson and Kayak Tour Package:	\$90.00 per person
Overnight Trips:	\$200.00 per person
Purple Martin Roost Tour:	\$49.00 per person

Children under 12 years old paddling in a double kayak: \$25.00 per child
Hidden Gem Kayak Tour Varies, depends on which local
Sunrise Ocean Paddle \$50.00 per person

Are there any Group Discounts?

We offer a group discount of 10% off the total lesson price for groups of 6 or more and 15% of groups of 10 or more. We offer 30% off for schools, youth groups and groups over 20.

Are there discounts for Boy Scouts, YMCA or church youth groups?

We offer a large group discount of 30% for 10 or more participants for youth organizations, religious groups and non-profits.

What is the Maritime Forest Kayak tour like?

One of our most popular tours, the Maritime Forest tour is excellent for first time and younger paddlers. The tour leaves from our store in Kitty Hawk and explores the Kitty Hawk Coastal Reserve, one of the few intact maritime forest environments on the Outer Banks. We generally see many reptiles such as snakes and turtles, as well as many birds. This is also an excellent locale on windy days because of the shelter provided by Live Oaks and Loblolly Pine trees insuring smooth waters, even during Nor'easters!!! This is a two-hour tour.

Kitty Hawk Coastal Preserve Maritime Forest Tour: \$40.00 per person/
\$25.00 for 12 and under in
a double with an adult

What is the Pea Island National Wildlife Refuge Tour like?

This tour explores the salt marshes sound-side in the Pea Island National Wildlife Refuge. We frequently spot ospreys, pelicans, herons, egrets, ibis, terns, rails, skimmers, wrens, and warblers just to name a few. During the winter months this location is particularly abundant with migrating ducks, swans, geese and other water fowl. We will tour the salt marshes of the Pamlico Sound and visit the old bridge joining Hatteras Island to the Northern Outer Banks across the now closed New Inlet. This is a two-hour tour.

Pea Island National Wildlife Refuge Salt Marsh Tour \$45.00 per person/
\$25.00 for 12 and under in
a double with an adult

What is the Alligator River National Wildlife tour like?

They don't call it Alligator River for nothing; gator sightings are frequent on this tour. But don't fear, despite conventional wisdom to the contrary, gators are shy and elusive creatures and are not aggressive. This is one of our most exciting and beautiful tours; it is also our longest tour at 3 hours. Explore Milltail Creek, home to an old logging and whiskey distilling community during Prohibition amidst the spectacular natural beauty of the Alligator River National Wildlife Refuge. Black bear, snowy egrets, great blue herons, and the once endangered red wolf all call this area home, so come out and paddle the refuge with us.

Alligator River National Wildlife Refuge Tour: \$50.00 per person/
\$25.00 for 12 and under in
a double with an adult

What is the Corolla Salt Marsh Tour like?

Paddle around the sheltered islands, bays and canals of the Currituck Sound. Launch from Timbuck II shopping center and cruise around at a leisurely pace. See snowy egrets, great blue herons, and the occasional river otter. A great place to watch the sunset as well or check out the full moon at night.

\$45.00 per person/
\$25.00 for 12 and under in
a double with an adult

What is a Full Moon Tour like?

Our full moon tours are an exciting night paddle guided by moonlight!!! This two-hour excursion is a great way to enjoy the coastal environments, observe bioluminescence (glowing fluorescent bacteria in the water!!!!) and howl at the moon on a summer evening. The water is usually calmer, the mood mellower, and the groups rowdier so come with us on a full moon. Obviously due to Mother Nature's lunar cycles this tour is only offered during a full moon. Call us or check your lunar calendars for availability.

Full Moon Tour:

\$45.00 per person/
\$25.00 for 12 and under in
a double with an adult

What is the Surf Lesson and Kayak Tour Package?

Get the most out of the Outer Banks coastal environments with our Surf and Kayak Tour Package. Save 15% the regular price by booking both. Enjoy a morning Surf Lesson with an afternoon kayak tour. Lunch will be on your own midday and after this exciting day you will be worn out, but grinning from ear to ear having learned how to surf and kayak all in one day!!!

Surf Lesson and Kayak Tour Package costs \$90.00 a person.

What is an American Canoe Association (ACA) Quick Start Class like?

This is a more thorough paddling, safety, kayak care and navigation course. Rescues, towing, gear, trip planning and kayak touring specific problems are also discussed. This is a four hour tour made by appointment only for someone who is more serious about paddling in the future, and who would like to do some of their own touring safely and well-prepared. This course follows the curriculum of the American Canoe Association and is given by an ACA certified instructor.

American Canoe Association Quick Start Class: \$100.00 per person

What is a Sunset Tour like?

What better way to beat the summer heat than to paddle at dusk and watch the sunset across the Sound? These tours are offered throughout the summer right before sunset to insure the best colors of the fading summer sun. Tours leave out of Corolla, Kitty Hawk, Pea Island and Roanoke Island. These fill up so be sure to make a reservation early.

\$40.00–\$45.00 per person/
\$25.00 for 12 and under in
a double with an adult

What is the Historic Roanoke Island Paddle like?

Roanoke Island was witness to the first English settlement in the New World. Learn about the rich history on Roanoke Island while navigating its protected canals and waterways. Downtown Manteo is a great paddling environment located between the Outer Banks and the mainland.

\$45.00 per person/
\$25.00 for 12 and under in
a double with an adult

What is the Historic Roanoke Island Night Paddle like?

Come paddle the Roanoke Island Sound at night. Check out bioluminescence, the lights of downtown Manteo at night and a mellow vibe for the evening. Learn about the rich history on Roanoke Island while navigating its protected canals and waterways. The water is usually calmer, the mood mellower, and the lights from downtown Manteo will provide a gorgeous backdrop for our journey. Night paddling is a great experience so come check it out.

\$45.00 per person/
\$25.00 for 12 and under in
a double with an adult

What is the Sunrise Ocean Kayak Paddle tour like?

It is so worth getting up early for this paddle. Be on the ocean as the sun eases its way up into the sky. Be the first ones on the beach and in the water and get some great exercise to kick start your day. Observe dolphins, pelicans and other shore birds and schools of fish jumping. We use Ocean Kayaks to better handle the ocean swells of the open ocean environment.

\$50.00 per person
\$25.00 for 12 and under in
a double with an adult

What is the minimum age requirement for kayak tours?

Children under the age of 10 must be accompanied by an adult in double kayak.

Overnight Kayak Trips FAQs

What are your overnight trips like?

Our overnight trips are an incredible experience for those who love to paddle and are interested in a wilderness experience in Coastal North Carolina. We can camp in the Roanoke River National Wildlife Refuge and the newly formed Palmetto-Peartree Preserve. Observe bald eagles, owls, white-tailed deer, black bear and the serenity of coastal North Carolina. You can choose from several tasty menu options to suite all appetites; you never knew camping out could taste this good!!! Check our schedules for trip dates, availability and location to find a trip that will quench your thirst for a kayak wilderness setting or e-mail us to discuss your own personal trip itinerary.

Overnight Trip: \$200.00 per person

Where do your overnight trips go?

We offer overnight expeditions in several areas along the Roanoke, Cashie, Chowan Rivers and their tributaries, and the Albemarle Sound on platforms only

accessible by kayak!!!! This area traverses great natural preserves of the Palmetto-Pearlree Preserve and the Roanoke River National Wildlife Refuge and other great watersheds of the Albemarle Sound.

What do I need to bring for an overnight camping trip?

All you need is a sleeping bag and pad, and your clothing. As for food, our staff will do the pre-trip shopping according to your menu selections as a group to make the trip as painless for you as possible. For a detailed list of all the clothes and personal gear for an overnight trip, click the link for a printable PDF of our suggested pack list. We provide all of the camping gear, stoves, pots and pans, tents, PFDs, kayaks, food, permits, kayaks, topographical maps, dry bags, water bladders, bilge pumps, tow ropes, compasses, radios, first aid kits and guides.

Are there any Group Discounts for overnight tours?

We offer a group discount of 10% off the total lesson price for groups of 6 or more and 15% of groups of 10 or more. We offer 30% for schools, youth groups and groups over 20.

Are there discounts for Boy Scouts, YMCA or church youth groups for overnight trips?

We offer a 30% discount to all youth, educational and religious groups of 10 or more participants.

What are your safety protocols for kayak tours?

All our overnight kayak tours are given by 2 CPR and First Aid trained kayak guides with years of kayaking and paddling experience. We have also just received certification from the American Canoe/Kayak Association to give instruction. (<http://www.americancanoe.org/>) Kayak tours will never occur in dangerous water conditions, very high seas or thunderstorms. Rain does not constitute dangerous seas; you are going to be in the water so why does it matter if it rains? And besides, sometimes the best kayak tours occur during a cool summer shower, which can bring out the wildlife.

Why should I choose the Kitty Hawk Kayak and Surf School for a kayak tour?

Kitty Hawk Kayaks, our namesake, is the oldest and most respected kayak tour operator on the Outer Banks. We also train all our staff according to the American Canoe/Kayak Association to give instruction. (<http://www.americancanoe.org/>) They have also received extensive training on local flora and fauna from the National Park Service, The Coastal Land Trust and other environmental experts to make every tour and enriching, educational experience. We have thoroughly scouted out all our tour areas and are very familiar with the natural environments, wildlife and weather conditions typical of those sites. Lastly, we practice what we preach as a member of the 1% For the Planet campaign donating 1% of our profits to environmental causes locally, nationally and internationally.

What should I bring for an overnight kayak tour?

Overnight Kayak Tour Participant Gear List Late spring through early fall

This is a suggested list of appropriate gear to bring on an overnight kayak trip on the Outer Banks during the summer. If there are items on the list that you know you will not need you do not need to bring them. If there is something that you know you will need that is not on this list (i.e. paddling gloves if you tend to get blisters on your hands), feel free to bring it. Please keep in mind that there is very limited space to pack gear in a kayak so pack only the essentials.

Upper Body

- _ Cotton or Polypropylene T-shirt
- _ Lightweight polypropylene long sleeve shirt
- _ Rain jacket
- _ Long sleeve cotton T-shirt or rash guard

Lower Body

- _ 2 Nylon shorts/ swimsuit
- _ Nylon wind pants
- _ Water shoes or old shoes (NO OPEN TOED SHOES!)
- _ Lightweight polypropylene pants

Head/ Eyewear

- _ Hat w/ brim
- _ Sunglasses w/ strap

Sleeping Gear

- _ Foam or inflatable sleeping pad
- _ Sleeping bag (preferably synthetic insulation) rated to 50 degrees or below

Miscellaneous

- _ Headlamp or flashlight
- _ Extra batteries
- _ Sun block
- _ Insect repellent
- _ Lip balm
- _ Plastic bowl
- _ Spoon
- _ Toiletries (toothbrush, toothpaste)
- _ Any medications needed
- _2- 1 liter water bottles

Overnight Kayak Tour Participant Gear List **Early spring and late fall**

This is a suggested list of appropriate gear to bring on an overnight kayak trip on the Outer Banks during the early spring and late fall. If there are items on the list that you know you will not need you do not need to bring them. If there is something that you know you will need that is not on this list (i.e. paddling gloves if you tend to get blisters on your hands),

feel free to bring it. Please keep in mind that there is very limited space to pack gear in a kayak so pack only the essentials.

Upper Body

- _ Lightweight polypropylene long sleeve shirt
- _ Mid-weight or expedition weight long sleeve polypropylene shirt
- _ Wool or fleece jacket
- _ Wool or Fleece vest
- _ Rain jacket
- _ NO COTTON!

Lower Body

- _ Nylon shorts or pants for paddling
- _ Nylon wind or rain pants for in camp
- _ Water shoes or old tennis shoes to get wet (NO OPEN TOED SHOES!)
- _ Lightweight hiking boots or sturdy waterproof shoes for in camp
- _ Wool or fleece socks (2 pairs)
- _ Liner socks (1 pair)
- _ Lightweight polypropylene pants
- _ Mid-weight or expedition weight pants

Head/ Eyewear

- _ Hat w/ brim
- _ Sunglasses w/ strap
- _ Wool or fleece hat

Sleeping Gear

- _ Foam or inflatable sleeping pad
- _ Sleeping bag (preferably synthetic insulation) rated to 30 degrees or below

Miscellaneous

- _ Headlamp or flashlight
- _ Extra batteries
- _ Sun block
- _ Lip balm
- _ Plastic bowl
- _ Spoon
- _ Toiletries (toothbrush, toothpaste)
- _ Any medications needed (notify Kitty Hawk Kayaks prior to tour please)
- 2 1-liter water bottles

Field Trip Programs for Environmental, Earth, Coastal Science and PE Classes

Make your curriculum come alive on the Outer Banks!!! Kitty Hawk Kayaks offers guided kayak tours in local estuarine environments perfect for incorporating into the curriculums of Earth Science, Biology, Physical Science, Physics, Environmental Science, History and Physical Education classrooms. We are capable of handling large groups up to 60 students at a time for Elementary, Middle and High School students with staff well versed in coastal ecology. Educators can coordinate

with us beforehand to plan out the perfect field trip for your students or you can leave it up to us. We have partnered with the University of North Carolina's Coastal Studies Institute, the North Carolina Coastal Federation, North Carolina Coastal Land Trust, The Nature Conservancy, The North Carolina Coastal Reserve, US Fish and Wildlife Service in Pea Island and Alligator River National Wildlife Refuges and the College of the Albemarle to provide grade A, hands on coastal science lessons on kayaks. We can arrange for speakers from any of the aforementioned organizations, and prepare water quality testing, seine netting, service projects, and species identification projects. Round out the trip by visiting some of the amazing wildlife preserves like Jockey's Ridge State Park, The Nature Conservancy's Nags Head Woods Preserve, the Kitty Hawk Woods Coastal Preserve, Cape Hatteras National Seashore and the wildlife refuges. Call us at (252) 261-0145 or email at info@khkss.com for more information.

\$15.00 per student for groups of 20 or less.

\$12.00 per student for groups of 21-40

\$10.00 per student for groups larger than 40

Educators and chaperones go for free for a three hour tour and lab. Includes paddling instruction, safety talk and closure activity.

Kitty Hawk Woods Coastal Preserve and Maritime Forest Tour

One of our most popular tours, the Maritime Forest tour is excellent for first time and younger paddlers. The tour leaves from our store in Kitty Hawk and explores the Kitty Hawk Coastal Preserve, one of the few intact maritime forest environments on the Outer Banks. We generally see many reptiles such as snakes and turtles, as well as many birds. This is also an excellent locale on windy days because of the shelter provided by Live Oaks and Loblolly Pine trees insuring smooth waters, even during Nor'easters!!! This location is also ideal for water quality experiments, salt marsh and wetlands observations and post-trip lessons and experiments because we have some classroom space at our store perfect for such occasions.

Pea Island Salt Marsh Tour

This tour explores the salt marshes sound-side in the Pea Island National Wildlife Refuge. We frequently spot ospreys, pelicans, herons, egrets, ibis, terns, rails, skimmers, wrens, and warblers just to name a few. During the winter months this location is particularly abundant with migrating ducks, swans, geese and other water fowl. We will tour the salt marshes of the Pamlico Sound and visit the old bridge joining Hatteras Island to the Northern Outer Banks across the now closed New Inlet. This location is also ideal for water quality experiments, salt marsh and wetlands observations and presentations from the Department of Fish and Wildlife officials that we can coordinate. Sediment sampling, estuarine health and federal environmental protection discussions are also a great fit for this tour.

Oyster Reef Restoration Paddle

We can organize a paddle out to some restored oyster reef in the Pamlico and Albemarle Sounds to observe real oyster reef restoration projects. We can also incorporate a service component where we "recycle" collected old oyster shells by adding them to the reef. Students can see first hand the role oyster reefs play in coastal water quality and underscore the importance of environmental conservation and activism. This location is also ideal for water quality experiments, salt marsh and wetlands observations and presentations from the Department of Fish and Wildlife

officials that we can coordinate. Sediment sampling, estuarine health and federal environmental protection discussions are also a great fit for this tour.

Physical Education Field Trips

Looking for a way to spice up the PE Department at your school? Come and paddle some of our tour areas with guided kayak instructors. PE was never this much fun while learning something new. All of our kayak tours begin with paddling instruction, boat steering techniques, safety protocols and a description of the tour area and route. Then we hop in the boats and practice our strokes, turning, breaking and paddling backwards. Now we are ready to venture off onto the tour and observe the natural beauty of the Outer Banks and coastal North Carolina. The guide will talk about local flora and fauna, coastal ecology, local history and offer kayaking tips throughout the tour. We will do all we can to make sure everyone is comfortable and having a good time while getting some good exercise in the outdoors.

Coastal Explorers Camp Frequently Asked Questions

What is the Coastal Explorers Camp?

The Coastal Explorers Camp is for young people who are interested in water-based recreational activities along North Carolina's beautiful coastline accompanied with coastal ecology, ocean safety and environmental science lessons. The camp consists of a 5-day surf camp, 4 afternoons of kayak tours, an environmental based service project with the National Wildlife Refuge or NC Aquarium, and an awards ceremony and pizza party on Friday afternoon. Each participant will enjoy 4 kayak tours at different locations around the Outer Banks including the Pea Island National Wildlife Refuge, Roanoke Island, and the Kitty Hawk Maritime Forest Coastal Preserve. If the elements don't cooperate we will visit the NC Aquarium on Roanoke Island, watch a surf video or visit a local surfboard factory to learn about surfboard shaping designs and technology. After the camp, students will be extremely proficient young paddlers and surfers.

What is a typical kayak tour like?

All of our kayak tours begin with paddling instruction, boat steering techniques, safety protocols and a description of the tour area and route. Then we hop in the boats and practice our strokes, turning, breaking and paddling backwards. Now we are ready to venture off onto the tour and observe the natural beauty of the Outer Banks and coastal North Carolina. The guide will talk about local flora and fauna, coastal ecology, local history and offer kayaking tips throughout the tour. We will do all we can to make sure everyone is comfortable and having a good time.

What if I have never paddled a kayak before?

You do not need previous kayaking experience to enjoy a kayak tour. It is easier than you think and with some basic paddling information, a little practice and an experienced guide you can navigate the boat all by yourself and enjoy the breathtaking perspective on the water that only a kayak can offer.

Where are your surf lessons and surf camps held?

Typically our lessons and camps are held in the beaches of Kill Devil Hills and Nags Head. Because of the old surfer adage: "time and tide waits for no man" our staff will check the surf before each lesson at a couple of different spots to find the best sand bars and surf conditions for beginner surfers. Thus we may be surfing at different beaches each day. This insures the right type of wave for beginners and makes the lesson more enjoyable for our surf students.

Where do the kayak tours take place for the Coastal Explorers Camp?

Depending on the weather, ocean and sound conditions, each participant will enjoy 4 kayak tours at different locations around the Outer Banks. These locations are the Pea Island National Wildlife Refuge, Roanoke Island, Corolla Salt Marsh, Nags Head Woods Ecological Preserve, Jockey's Ridge State Park and the Kitty Hawk Maritime Forest Coastal Preserve.

What if the weather is bad?

All of our tours & activities are held in an outdoor setting, which is subject to sun, wind, rain, insects, etc. Except for extreme conditions, these activities will be held rain or shine. Please come prepared and dressed for the weather. If the elements don't cooperate we will visit the NC Aquarium on Roanoke Island, watch surf videos and visit a local surfboard factory to learn about surfboard shaping designs and technology.

What should my child bring for a typical day of the Coastal Explorers Camp?

You should bring a water bottle (1qt min), sunscreen, clothes you don't mind getting wet and dirty, a bathing suit, shoes you won't mind getting wet (sandals are great, flip flops are not), hat, sunglasses with strap, insect repellent, and a bag lunch with some snacks. A towel is nice to have to dry off after the tour and a change of clothes is nice too. If rain is in the forecast a raincoat or waterproof jacket will come in handy as well.

What is a typical surf lesson like for the Coastal Explorers Camp?

A typical morning surf lesson lasts about three hours. The lesson begins with the anatomy of a surfboard and its terminology. Next paddling techniques, balance, and feet positioning are discussed. Participants then practice popping up onto the surfboard on the beach before getting wet. Safety protocols for the group are then discussed and the remainder on the lesson (usually about an hour and a half) is spent in the water surfing. The instructor is there to help you catch waves and answer any questions you might have about surfing, the ocean, waves, or surf culture. Remember to always respect the ocean and never paddle out in unsafe, stormy or ocean conditions out of your ability. "The Best surfer is the one having the most fun."

What is the 5-day Surf Camp like for the Coastal Explorers Camp?

The Surf Camp is for beginner surfers who are looking to learn all they can about surfing while at the beach. The camp will last 5 days and will take you from kook (novice) to shredder (good surfer). Besides learning how to drop in, go down the line, turn, paddle and judge waves we will also enlighten you on the topics of ocean safety, North Carolina coastal geology, lunar cycles, wave formation, surf history, board shape science, surf lingo and all other things surf related. School's in session and surfing is the class. Come and join us so you can get surfing today.

Are there any discounts for large groups?

We offer a group discount of 10% off the total camp price for groups of 6 or more.

What are your safety protocols?

All of our surf instructors are trained according to the National Surf School and Instructors Association protocols. (NSSIA www.nssia.org) They are the largest and most respected surf school organization with excellent safety and instructional guidelines. We also follow all lifeguard postings of beach and ocean closures for rough surf. We also reschedule lessons for later dates if the seas are too dangerous for the group's swimming abilities. This decision is made by the Surf Instructor and is done in the best interests of the client's safety. Surf Lessons will never occur in dangerous surf or thunderstorms. Rain does not constitute dangerous surf; you are going to be in the water so why does it matter if it rains? And besides, sometimes the waves are quite shapely during a summer shower.

All kayak tours are given by a CPR and First Aid trained kayak guide with years of kayaking and paddling experience. We have also just received certification from the American Canoe/Kayak Association to give instruction. (<http://www.americancanoe.org/>) Kayak tours will never occur in dangerous water conditions, very high seas or thunderstorms. Rain does not constitute dangerous seas; you are going to be in the water so why does it matter if it rains? And besides, sometimes the best kayak tours occur during a cool summer shower which can bring out the wildlife.

Why should I choose Kitty Hawk Kayak and Surf School for a youth camp on the Outer Banks?

We have been teaching people how to surf since the Y2K scare of 1999 and have taught people how to surf in North Carolina, Virginia, Spain, Australia, Morocco and Costa Rica. Our surf lessons on the Outer Banks focus on having fun, getting some good exercise, and learning about ocean safety all in a safe and friendly atmosphere. In our book, the best surfer is the one having the most fun. Herman Hall, our lead surf instructor, has taught people to surf in Costa Rica, Australia, Spain, Morocco and the Outer Banks. He is an accredited Surf Coach through the National Surf School and Instructor Association (NSSIA) www.nssia.org, and has been trained as an Emergency Medical Technician, Wilderness First Responder and Instructor for First Aid and CPR through the American Red Cross. He has worked as an oceanfront lifeguard for five years and has been surfing since 1989. He has taught thousands of people to surf safely and effectively. Take it from us: you won't find a more experienced or qualified surf instructor on the beach.

Kitty Hawk Kayaks is the oldest and most respected kayak tour operator on the Outer Banks. We also train all our staff according to the American Canoe/Kayak Association to give instruction. (<http://www.americancanoe.org/>) They have also received extensive training on local flora and fauna from the National Park Service, The Coastal Land Trust and other environmental experts to make every tour and enriching, educational experience. We have thoroughly scouted out all our tour areas and are very familiar with the natural environments, wildlife and weather conditions typical of those sites. Lastly, we practice what we preach as a member of the 1% For the Planet campaign donating 1% of our profits to environmental causes locally, nationally and internationally.

What can I do for a rash my child got during a surf lesson?

Stomach and thigh rashes are very common to ALL surfers, even the pros. Think of a rash like blisters on your stomach; the more you surf, the more calluses

your body builds up to protect against the blisters and rashes. After you surf wash the area with fresh water and pat dry. Then apply baby powder right after wards over the inflamed area and again before you go to sleep. This helps the rash heal quickly. Also remember no pain, no gain!!!!

What is the minimum age requirement for the Coastal Explorers Camp?

All participants must be 8 years old unless accompanied by a parent or guardian, and all participants must be competent swimmers and comfortable in the water. We are not offering swim lessons, and unfortunately the ability to swim is a pre-requisite to surfing. If a child's lack of swimming ability is putting them at risk, they will be removed from the water. Refunds are NOT given because a child is afraid of the water or unable to swim safely.