



MENDENHALL LAKE SAFETY TIPS and INFORMATION

PREVENT A CAPSIZE:

- DO NOT Rush or Try to Paddle As Fast As Possible – plan ahead and keep track of time
- DO NOT Make Adjustments When Away From Shore (i.e. changing seat position or rudder position)
- Avoid Sudden Movements
- Keep Your Weight Centered (shoulders over hips)
- Point Your Bow Into Approaching Waves
- Stay Away From Large Icebergs (50 yards) and the Glacier (200 yards)

GENERAL SAFETY CONSIDERATIONS

- Stay Close Together as a Group
- Stay Close to Shore as Much as Possible
- Take a Break Before Making an Open Crossing
- Break Before You Are Tired
- Paddle Slow and Steady

PADDLING DISTANCES

- 2 miles from Launch to Point of Peninsula (along shore)
- 0.5 miles from Peninsula to Nugget Falls
- 2.5 miles from Nugget Falls to Kayak Launch (along shore)

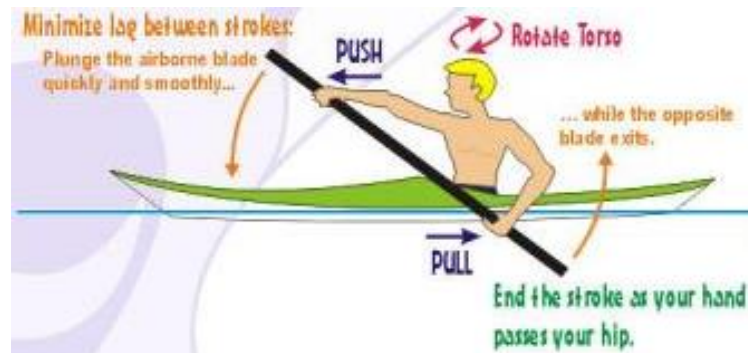
IN CASE OF EMERGENCY:

- **REMAIN CALM**
- **Attempt to Manage Situation (rescuers will take 30 minutes or more to arrive)**
- **Exit at Visitors Center or Nugget Falls if necessary (contact ABAK staff)**
- **Contact Kayak Rental Shop/Above and Beyond Alaska staff: 907-789-6886, 907-364-2333**
 - If unable to reach any staff at our offices call: 907-209-2526, 907-209-2524 or 907-209-4029

Assisted Rescue



Paddling Technique



Self Rescue

