



# KAYAKING AND SAILING



The creation of the kayak is credited to the Inuits. First boats resembling canoes appeared in Great Britain in the late fifties of 19th century. The world's prime kayaking club was founded by John MacGregor. Canoeing became an Olympic Discipline in 1936.



The equipment comes with a manual and also safety and repair instructions. It is good to choose the best quality equipment.



It is also good to have a first aid kit. You cannot forget a whistle and a sleeping bag. Whistles preserve the luggage and also be very useful.

The earliest sailboats were used in ancient Egypt. The first international regatta called "America's Cup" took place in 1851, they consisted in passing around the Isle of Wight. Sailing is an Olympic sport since 1900 – Summer Olympic in Paris.



Warm, waterproof  
oilers, hat, socks and  
Take a comfortable boot  
be useful even if it is going  
sunny. It is necessary to protect  
do not forget about taking a sunblock  
sunglasses.



What is more  
of food. It is good  
packaged like canned





It's

Try to learn  
knowledge.

Help other canoeists  
need it.

Watch out the wind, too strong  
angry

