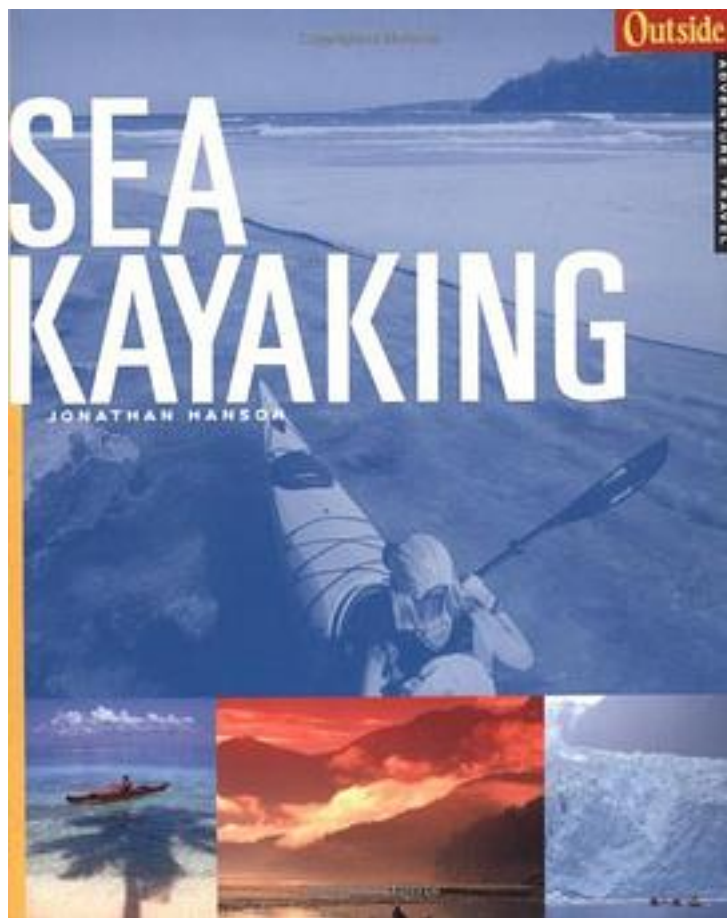


Sea Kayaking



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This exciting and demanding sport is much different than its flat-water sibling, with different equipment and techniques, all of which are covered in "Basic Essentials: Sea Kayaking. Illustrations cover the many sea kayak models and accessories, as well as important information on tides and currents, packing and loading tips for comfort and

safety, and a glossary chock-full of helpful terminology. With this revised third edition, you'll discover how to perfect your paddle stroke, perform self rescues and assisted rescues, paddle and navigate safely, pack your sea kayak for an expedition, and get your kayak on and off your vehicle.

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