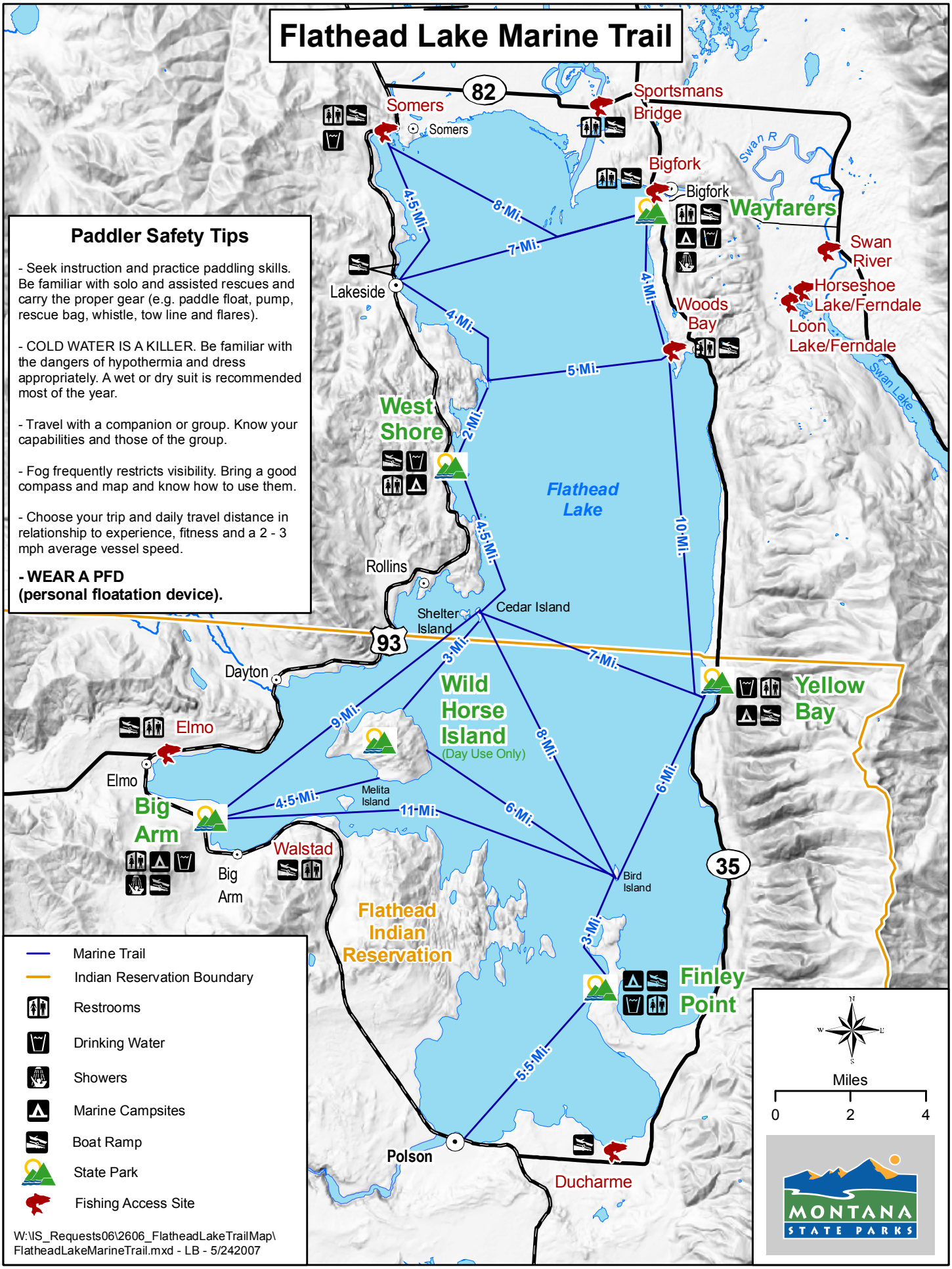
# Flathead Lake Marine Trail




## Paddler Safety Tips

- Seek instruction and practice paddling skills. Be familiar with solo and assisted rescues and carry the proper gear (e.g. paddle float, pump, rescue bag, whistle, tow line and flares).

- COLD WATER IS A KILLER. Be familiar with the dangers of hypothermia and dress appropriately. A wet or dry suit is recommended most of the year.

- Travel with a companion or group. Know your capabilities and those of the group.

- Fog frequently restricts visibility. Bring a good compass and map and know how to use them.

- Choose your trip and daily travel distance in relationship to experience, fitness and a 2 - 3 mph average vessel speed.

**- WEAR A PFD (personal floatation device).**

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