The ultimate guide for beginners

STAND UP PADDLE

By Tom



Stand up Paddle board world • 60 pages • Information, Tips and Quotes



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Preface

Dear reader,



First of all, we would like to congratulate on the purchase of your new SUP board. Hopefully, as with many other SUP fans each year, we can share the best tips & tricks with you of what we prefer to do most: SUP boarding!

In this book, we will guide you from getting on a SUP board for the first time to catching your first wave. You will learn the right way to hold a paddle and the best technique to conquer the waters.
This book is written for enthusiasts, by enthusiasts. Not all pictures in this book belong to us. You will find an attachment with the photo credits at the back of the book.

We wish you a lot of fun with your purchase and reading this beginner's guide.

Tom



Happy Supping!

THE HISTORY OF STAND UP PADDLE BOARDING

Stand up paddle – also known as stand up paddleboarding or SUP - is becoming more and more popular worldwide. In America it has been a very popular sport for years, but also in Europe this relatively new sport keeps rising in popularity. Increasingly more vacation resorts see SUP as the sport to entertain tourists. However, many tourists do not know the difference between surfing and SUP boarding. And also, what do we actually know about the origin of stand up paddling?

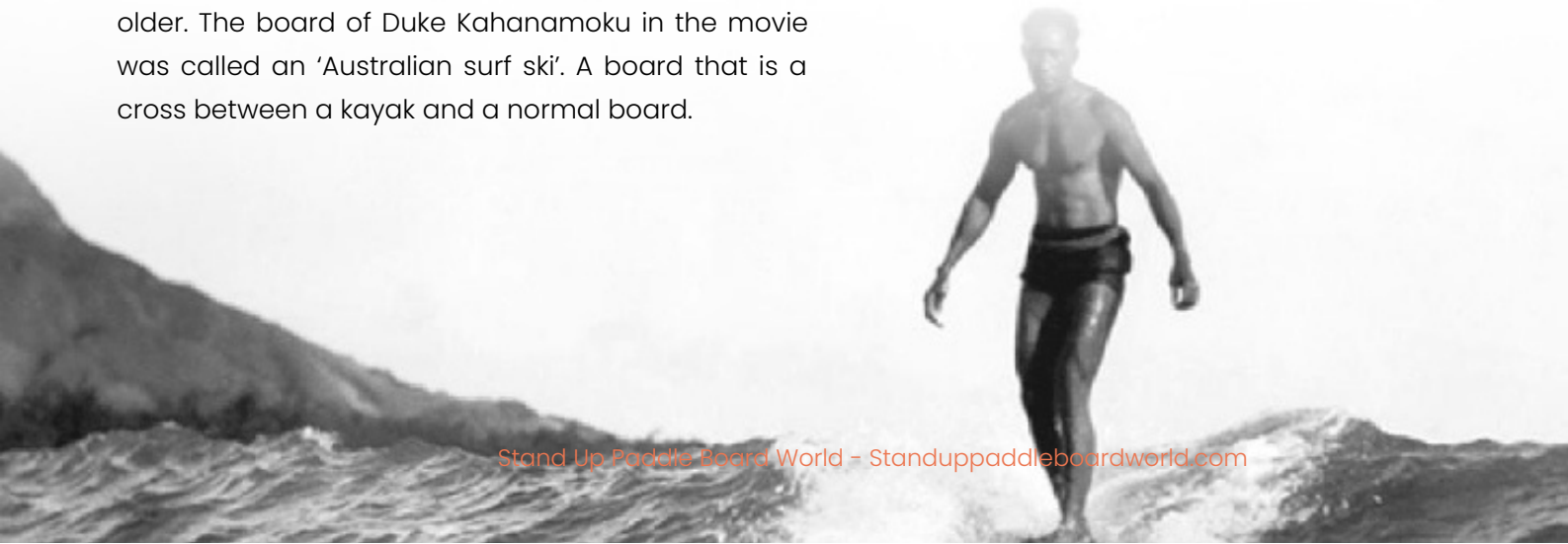
Surfing probably originated in Hawaii, and there is a high probability that stand up paddle also comes from these tropical islands. One of the oldest pieces of evidence of the existence of stand up paddle dates back to 1939. At that time there was a video of Olympic swimming champion and surf legend Duke Kahanamoku, on which he is on his board, with a paddle in his hand.

How likely it is that Duke Kahanamoku invented stand up paddle, it might be that this sport is even much older. The board of Duke Kahanamoku in the movie was called an 'Australian surf ski'. A board that is a cross between a kayak and a normal board.

"The movie has survived the test of time and is on YouTube, so look and judge for yourself if this is indeed the origin of stand up paddling!"



Duke Kahanamoku



THE HISTORY OF STAND UP PADDLE BOARDING



Kayaks and canoes are centuries old, and in certain waters it is much more convenient to stand in your kayak or canoe, than to sit in it.
Australians have finally closed the kayak completely, and before you know you are SUP boarding!

THE MODERN HISTORY OF STAND UP PADDLE

The first official SUP boards were made by the legendary Jimmy Lewis. This surfer is one of the best board makers in Hawaii, and his first SUP board came on the market around 2005.
Then it went quickly with the popularity of stand up paddle. In 2007, the first stand up paddle race was held, and in 2013 it was one of the most popular outdoor sports in the United States.



From our Blog:

Do you want to read more about the history of stand up paddle?

Read more ➤



SUP THROUGH THE YEARS

1939

Oldest Piece Of Evidence

2005

First Board On The Market

2007

First Sup Board Race

2013

Most Popular Outdoor Sport

2020

Start of Stand Up Paddle Board World

Before you start paddleboarding

The first time of paddleboarding you will have to get used to it. What do you have to take for a day of paddling? This is what you need!



Paddle Board

Your new purchase is ready for use and undoubtedly wants to be unpacked! In the box with every SUP board you find a pump. You can choose to inflate the board before departure. Keep in mind, however, that transport is harder this way. We recommend to inflate the SUP after you arrive at your destination.



Paddle

To move around in the water, you need a paddle. In many cases, the paddleis included free with your purchase. What the best paddle height and stance is, you will read later in this beginner's guide.

"Inflate the SUP after you arrive at your destination"

Before you start paddleboarding



Suitable Cloting

For best protection, I recommend wearing a wetsuit. Check out some of the most protective, long-lasting wetsuits here.
When you are going to SUP at high temperatures, a swimsuit with a t-shirt or sports pants are very suitable. On the lookout for great SUP swimming suits? Check this guide, you're welcome! If you're going to SUP in winter, surely wear a wetsuit or a drysuit. Also, don't forget to protect your skin from rashes and chaffing, especially if you're a newbie. This is what you can wear under a suit to protect yourself.

Ankle Cord

Leashes save lives. Attached to one, you will always have your SUP close when you fall off of it. Most SUP packages include a leash, but if you need a new one, check these leashes out.

Sunscreen

Always carry sunscreen and floating sunglasses on your SUP trips. The sun can be vicious when you're going on a long tour! For the little ones, gear up with gentle sunscreen for babies and kids.

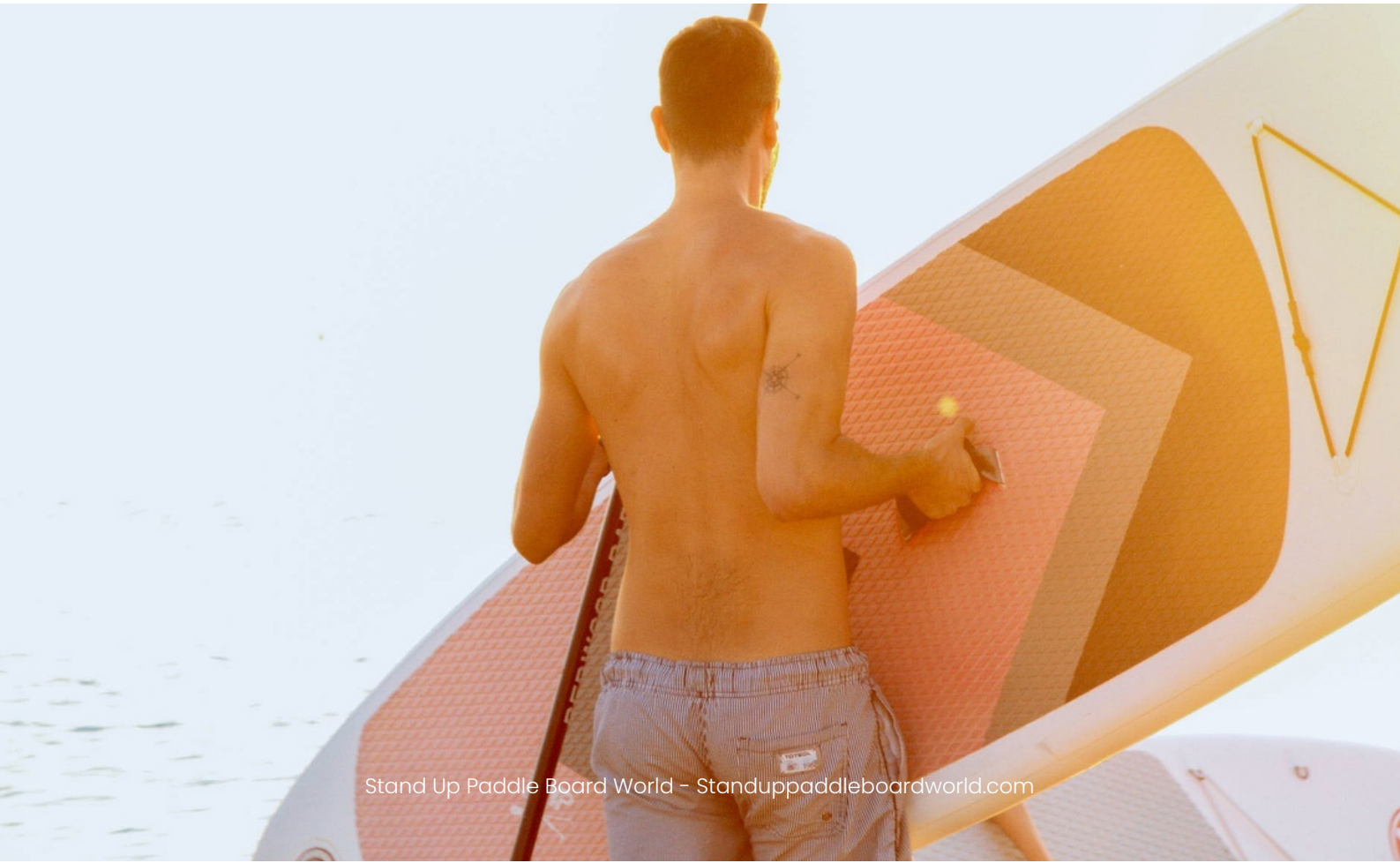
"Always check your ankle cord"



SUP CHECKLIST

What should you take with you on the water? Now that you are ready to go paddle boarding with your dog, there are also a few important things you should take with you:

- ☑ **Dry Bag**
- ☑ **Paddle**
- ☑ **Ankle Cord**
- ☑ **Sunscreen**
- ☑ **Floating Sunglasses**
- ☑ **Pump**





Why is stand up paddling so good for you?

Paddleboarding is what you would call a real full body workout. From head to toe, nearly all muscles are involved with the balancing on a board while you are paddling. When you want to gain some more speed during paddling, you will train you full core and a strong core means a strong body.

Sailors, kitesurfers, windsurfers and even surfers often use SUP as training. If the wind isn't strong enough or when the waves are too low, you can still get on the water and have a good training. It also makes sure you stay in shape.

The advantages of doing your training on a SUP board:

- ✔ *Full body workout*
- ✔ *Stability training*
- ✔ *Great cardio workout*
- ✔ *Enjoy the fresh outside air*
- ✔ *Relaxation*
- ✔ *Pleasure!*



The First Time On A Paddle Board

When you get on a SUP board for the first time, it is important that you try this in quiet, shallow waters. Make sure you have all the space and there are no boats or other objects in your way. Also try to pick a spot where there's not too much wind.

1. *Choose the right spot. Keep the fin at the bottom of the board on your mind. So do not start supping in water that is too shallow and undeep, this could break the fin.*

2. *Lay the paddle over the length of the SUP and place your knee on the half that is the furthest away for you.*

3. *Give yourself a boost and place your other knee on the closest half.*



The First Time On A Paddle Board

4 *Go paddle for a bit on your knees, so you get some feeling with the SUP board. Hold the paddle with both hands.*

5 *When you're ready to stand up, look at the horizon and get up one knee before the other.*

6 *When you're finally standing, make sure you get your paddle in the water as fast as possible. This will ensure that you have a better balance.*

"Paddle on your knees, so you get some feeling with the SUP board."



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The Best Paddleboarding Stance

The best stance on your board is the stance that gives you the most balance. Always make sure you have a good balance. Keeping your balance can best be done in the next ways:

1. *Keep your toes aimed forward, your knees bent and your back straight.*

2. *Don't look at your feet but straight ahead.*

3. *Keep your feet parallel to eachother, with about a hip width distance. Do not stand on the edge of the SUP board.*



The Best Paddleboarding Stance

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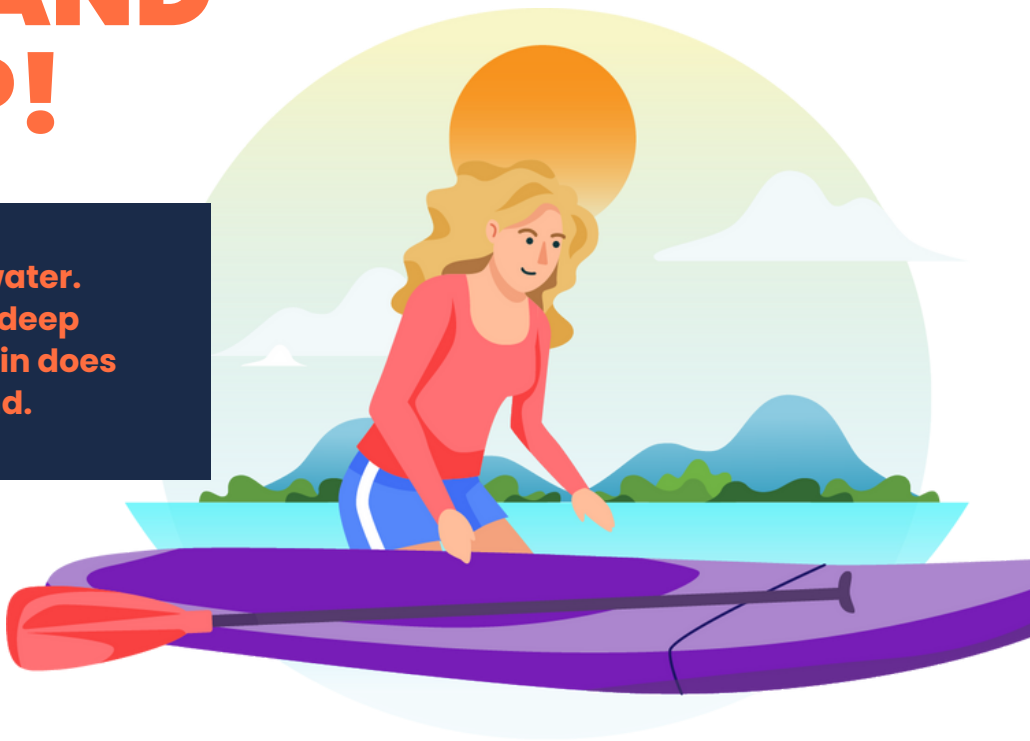
4. *When you're moving forward faster, the stability also increases.*

5. *Keep your balance with your hips, not with your upper body.*

6. *Are you losing balance? Temporarely bend your knees a bit deeper.*



GET ON AND STAY UP!



1. Find calm shallow water. make sure that it is deep enough and that the fin does not hit the ground.



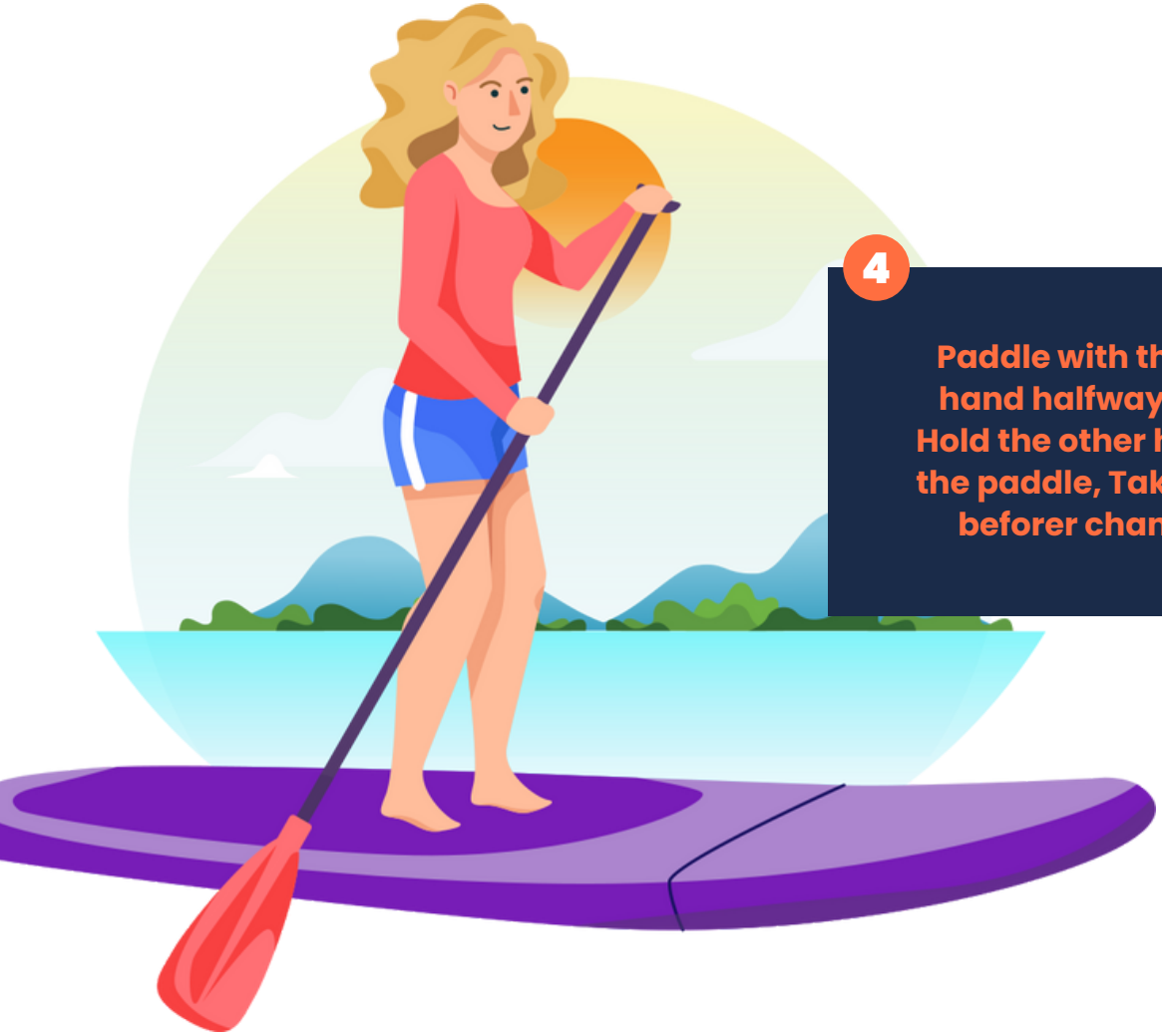
2. Keep the board straight and place one knee on the sup. When you have found enough balance, place your other knee on the board.

GET ON AND STAY UP!



3

Stand up slowly while holding the paddle so that you don't have to find balance again later.



4

Paddle with the dominant hand halfway the paddle. Hold the other hand on top of the paddle, Take 4-5 strokes beforer changing sides.

THE BEST PADDLE TECHNIQUE FOR BEGINNERS

Just like every other sport it is important that you learn a good technique right away. When you start off just doing what you think is right for a while, you will later have to start all over to learn a new technique. This is difficult. When you take the wrong stance on your SUP board you also have a lot less balance. The paddling technique is very important during supping. You can gain quite some speed and balance when using the proper technique.

The speed at which you are paddling, depends on two factors:

- The distance per stroke;
- The stroke frequency.

To increase the paddling speed, you will have to improve one or both of the mentioned factors.

"Worry less... Paddle more"



Increasing The Distance Per Stroke

Are you comfortabel on a SUP board by now? Try during a stroke to reach as far as possible. The first part of your stroke is the most effective part. Push the blade of the paddle deep into the water and don't forget to use your upper body. Do not just use your arms.



Don't waste too much time when you pull the puddle back out of the water.

When the paddle is too far behind you, you will creative a negative angle. This will cause the paddle to be more difficult to get out of the water and a lot of speed will get lost. When you take the paddle out of the water, make sure it goes back to the front in a straight line. Do not touch the water while you do this, that will slow you down.

In this video you can see in a beautifully illustrated way what the best method is to paddle. Absolutely recommended if you want to improve your paddling technique.

Watch Video »



Catch Your First Wave

Ready for some more excitement? Then it's time to face the first wave. Some tips for when you go to sea or wilder water.

1. *Choose the right day. Supping most suitable on slower moving waves. You want, mostly during the first few attempt at SUP boarding, nice and easy waves. When there's too much wind the quality of the wave will go down and it will be harder to conquer.*

2. *Choose the right place. Spotted the right waves? Make sure you have enough space to practice. You don't want to be too close to other water sporters. They might be more experienced and this could cause inconvenience. Try to stay close to the shore, the waves are lower there and it's a good place to practice. If this goes well, try some deeper waters, about 1,5m high.*

3. *Choose the right wave. Don't rush into choosing a wave, but wait patiently. There is no need to pick the first wave you see. Try to catch the wave you chose with your SUP before it crashes. The wave can best be caught with the paddle in neutral position and your feet forward. Paddle with high speed towards the beach. Try to gain as much speed as possible so you have a similar speed when you reach the wave.*

Paddleboarding With Children

SUP Boarding is for all ages, so also for your children! Most children between the ages of 8 and 10 (with a little bit of experience) will manage just fine on their own on the board. There are two ways for SUP boarding with a child. You can share the board with your child or you can get a special SUP for children so they can SUP on their own. In our online store we have a special category for these SUP boards..

Tip:

"If your child is not old or strong enough to paddle on their own, let them sit on the front of your SUP board while you paddle."



Paddleboarding With Children

There are a few important things you absolutely have to pay attention to when you're taking your children along on the water:

1. *Always have your child wear a life vest. Even though the child might be a skilled swimmer, something unexpected could always happen. If a wave might come up and the child falls off, this could scare you. Accidents happen a lot this way, so always wear a life jacket.*

2. *The child has to be able to swim before it gets on a SUP board. It is very likely that a child falls or jumps from a SUP board regularly. This is why it is essential that the child should be able to swim.*

3. *Choose a child friendly area. Pick a spot without too much boat traffic and strong streams. It is most comfortable to start at lakes, until they gain some experience. The length of the tour is also important. Take into account the strength, coordination, age and swimming capacity of the child to make it as fun as possible for everyone.*

Choosing a Reliable and Stable SUP for Children



To help you choose a high-quality SUP that will be stable and reliable in any situation for a child that paddles for the first time, I've comprised this review guide of several SUPs.

Best PaddleBoard for Kids

If you're in a hurry, here's the winner!

Read my whole review of the board here!

Before giving it to my nephew, I was tempted to try it out, and it entirely supported my weight. It wasn't very stable with me on top as it was with him, a little child, but still, I was impressed I didn't sink it down:) It comes with a full package, and it's an absolute value for the price

Read my whole review of the board here!

Another recommendation for a kid's SUP I tested is the:

Nautical Kids Paddleboard

With its chic design, the Nautical by iRocker comes with a full package and received an 8.4/10 ⭑ from me.

Read my whole review of the board here!



Dealing With Balance: How to Improve It?

Balance can be tricky business. Even though children acquire it easier than adults, they can still have a hard time standing stable on a SUP. With adults starting at first, it can get even wobblier. Of course, as with any skill, SUP becomes easier after each try, but balancing skills go beyond just paddling.

https://standuppaddleboardworld.com/balance-boards/best-balance-board/

This is a fantastic tool that the SUP, surf, and skate community swears by.

Balance boards are a fantastic tool that the SUP, surf, and skate community swears by.
Check them out here

How Does a Balance Board Work?

A balance board works by challenging your body's ability to maintain balance. By standing on the board and attempting to maintain balance while the board tilts and rocks, your body engages the muscles in your legs, core, and back. This engagement strengthens these muscles over time, leading to improved balance and stability.

Balance Board Benefits

Strengthening the core goes a long way toward maintaining agility and flexibility in old age. If you want to learn more about the different types of balance boards for beginners and advanced-level paddlers, visit our hub:

Everything to know about Balance Boards

Improves balance and coordination

To move around in the water, you need a paddle. In many cases, the paddleis included free with your purchase. What the best paddle height and stance is, you will read later in this beginner's guide.





Strengthens core muscles

Using a balance board engages your core muscles as you work to maintain balance on the board. This engagement leads to strengthened core muscles over time, which can help to improve your posture, reduce lower back pain, and improve overall strength.

Balance Board Benefits



Increases proprioception

Proprioception is your body's ability to sense its position and movement in space. Using a balance board challenges your proprioception, leading to improved body awareness and coordination. This can be particularly beneficial for athletes or anyone looking to improve their overall fitness.



Reduces risk of injury

By strengthening your core muscles and improving your balance and coordination, using a balance board can help to reduce your risk of injury. This is particularly true for activities that require balance and coordination, such as running, jumping, and playing sports.



Together On A Paddle Board

If you want to SUP with multiple people, it's important to check the maximum allowed weight of the SUP board. Some boards are not strong enough to carry two or more people. You can find the maximum carrying weight on the board's package or instructional guide.

The biggest challenge of SUP boarding together is getting on the board without falling off. The best method is getting on the SUP yourself first and stay crouched. You will have more balance this way. Then get the second person to step on the board. Paddle and practice first while in a crouching position until both of you feel comfortable enough to stand up.



The Best SUP Fit For Two Persons

Bluefin Cruise Carbon 12'



SUP With Everyone on Board!

Bluefin Mammoth 18'

If you wanna make a picnic on the water and invite multiple people on board, the Bluefin Mammoth is a perfect choice. With over 5m in length and a 500kg weight limit, this board is super stable and reliable.

Paddleboarding In Cold Weather

When you think about SUP boarding you will probably think of a nice hot sun, in your beach outfit, with the sun rays shining on the water and giving you a tan. But, SUP boarding is also possible with colder temperatures. You do need some extra accessories to conquer the waves in lower temperatures. Here you can find 3 essential tips for when you want to SUP in colder weather.

> ***"Live every day like you never lived before."***



Paddleboarding In Cold Weather

1 Ensure proper preparation

It's important to ensure you're warm before you start SUP boarding at low temperatures. That's why it is wise to take a thermos with coffee, tea, or for example hot chocolate. Drink this before paddling so your body is warmed up.

Don't forget to warm up. This is always important before sports, especially in cold weather. Your muscles are colder and need a good and healthy warming up to start working. This way, you prevent unnecessary injuries.

Check all your gear well before you start. Is the ankle cord strapped well? Do your clothes fit well? Is everything ok with your life vest?

Also, call someone or send a message to say you're getting on the water for SUP boarding and indicate when you think you'll return.

It is important that you do not get caught in an unexpected storm or very strong winds, especially at lower temperatures. Rain would not be great either.



Paddleboarding In Cold Weather

2 Make sure you have the right SUP clothing

In the summer you only need your beachwear for supping, but in the winter this, of course, is a different case. It is important to have clothing that keeps you warm. The best option, naturally, is a wetsuit or a drysuit that keeps you warm.

Don't own one and don't know where to start?

Visit our wetsuit gear hub here for everything you need

It is important to protect your hands and face, especially the ears. If possible, wear thermal socks to keep your feet warm, thick gloves, and a good warm hat. There are various waterproof gloves available that are great for paddling. These gloves are not so thick that you can't feel the paddle anymore, but your hands will stay dry and warm. When your hands get too cold, you might lose feeling in them, and you will not be able to control the board too well. It is important not to wear cotton in these low temperatures with water around you.
Cotton stays soaked longer and causes hypothermia quickly. Fleece is a better choice if you don't opt for a wet or a dry suit.



Paddleboarding In Cold Weather

3 Safe paddling over anything

Do you sometimes have, for whatever reason, a bad feeling about supping in lower temperatures? Then it's better not to do it. The risk that things go wrong is always present, and especially with cold weather, that is something you want to prevent. Don't go on the water without a life vest. Even people that are very skilled swimmers can get into trouble when they fall into very cold water. The best thing is to pick a life vest with waterproof pockets to take important things, like a mobile phone or a whistle. Never go SUP boarding in cold weather without a coiled leash. Check if the cord is in good condition and if it is attached to you and your board.

Do you want to go on longer trips? Take a waterproof bag on your SUP board where you keep a set of dry clothing like the heatwave and something warm to drink. If you fall, you can change clothes before you return to shore. Are you going to SUP in the afternoon? Keep in mind that it gets dark early. That's why it is important to take a waterproof flashlight. You will be more visible to nearby boats and rescuers. It is recommended to pick a lamp that can be attached to your body, so you do not have to hold it when paddling. For more accessories, visit this in-depth article to find everything you might need for a safe and fun paddleboarding session.

Paddle Board Accessories



Did you know that inflatable boards these days are just as sturdy as hardboards?

Yoga Sup

"Yoga means addition – addition of energy, strength, and beauty to body, mind, and soul!"

SUP boarding is super popular and SUP Yoga is here to stay. Many yoga fanatics have embraced SUP Yoga in their workout routine. The combination of spending time outside in the middle of nature, the relaxation of the water, and the extra stability required is something that inspires many people. Check out our 8 popular yoga poses for beginners.



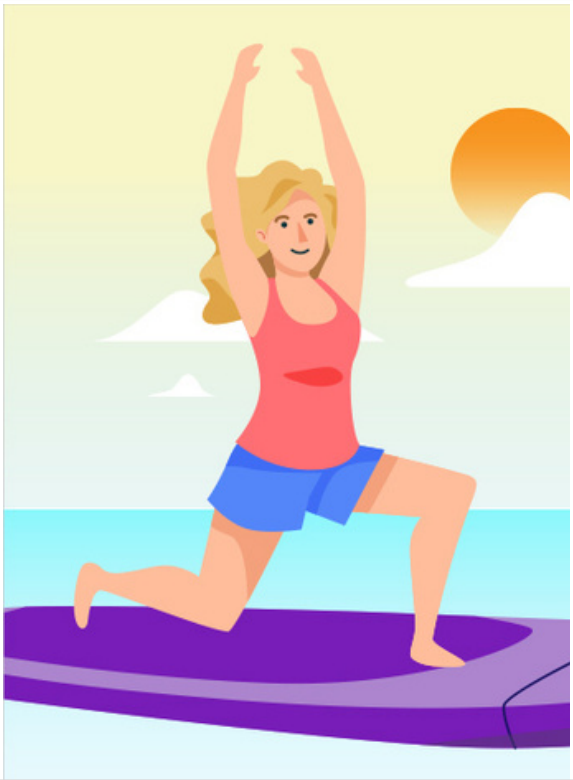
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8 Popular Yoga Poses



1 The Downward Dog

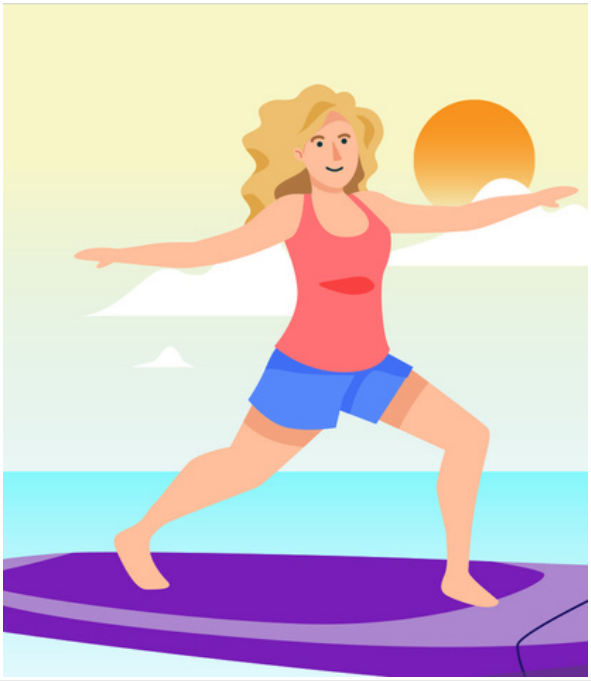
A great pose to start off your session. It creates length through your spine and makes sure you find balance on your board.



2 Modified Crescent Lunge

This pose is ideal for opening up your hips, psoas and quadriceps. Put pressure on your foot and feel your core.

8 Popular Yoga Poses



3 The Warrior

The warrior seems like an easy pose, but it is more difficult than it might seem. To keep balance on your board, strength and calmness is required.

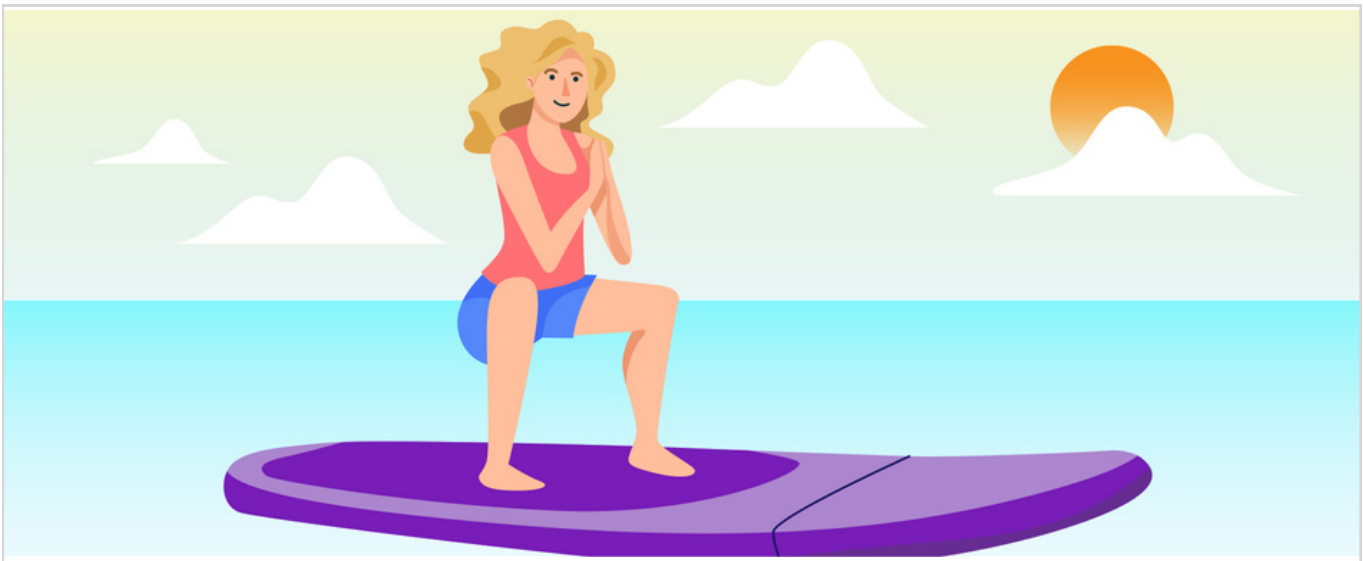
4 The Boat

A very good excercise to build your core strength. Make it harder by stretching your legs further towards the horizon.



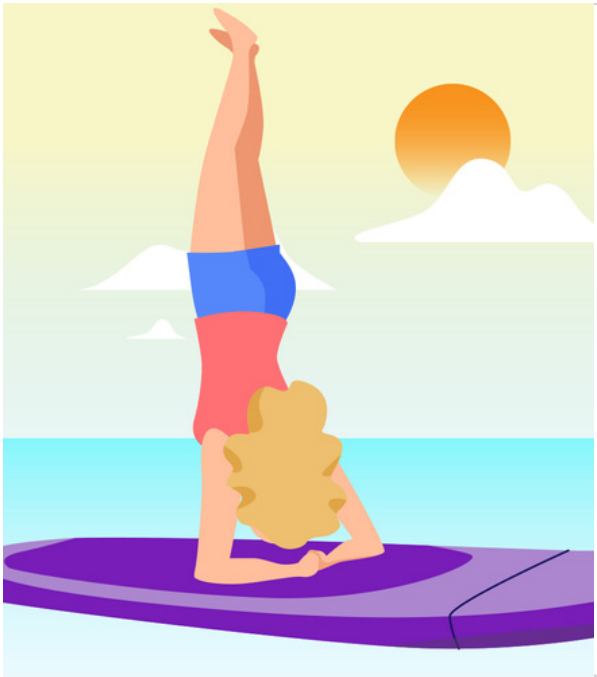
"Paradise is just a paddle away"

8 Popular Yoga Poses



5 The Malasana

The Malasana opens up your hips and your lower back. Put your feet wide and lower your hips. Breath in and out slowly.



6 The Handstand

One of the most popular poses among yoga fanatics: the handstand. Try to keep balance, something that really tests your core muscles.

8 Popular Yoga Poses



7 The Needle

A great way to stretch your shoulders and spine, which leads to more flexibility and reduction of the tension between the vertebrae.



8 The Wheel

Extend your spine, open your chest, stretch your belly and lift yourself in the wheel pose. No easy pose but one we surely cannot forget in this list!

Paddleboarding With Your Dog

Paddleboarding with your dog is a great way to enjoy nature with your furry friend while floating on the water. However, it's not always easy to take your dog with you on a SUP.

Before you take your pet out on the water, it is important that you have prepared yourself properly with everything you or the dog might need.

Firstly, you should be able to paddleboard solo pretty well before you risk it with your dog. The more experienced and stable you are on the board, the easier it becomes for both of you.

To make it easier for him, the dog must:

- Already be good at swimming
- Directly follow commands and orders
- Not too easily be distracted
- Not weigh more than 45 kg



Paddleboarding With Your Dog

Not all dogs are swimmers by nature. There are even some breeds that can't even swim and because of their body structure they can easily become overheated in the sun. These include: Bulldogs, Dachshunds, Boxers, Pugs and a few other breeds. If your dog is one of these breeds, you will first need a life jacket for your dog.

In fact, it is always advisable to put a life jacket on your dog before you stand on a paddle board, even if it can already swim. Preferably choose a dog's life jacket with a loop on it, which allows you to lift the dog back onto the board easily. Here are some of the best dog life jackets I have tested with my dog:

Dog Life Jacket

Make sure the paddle board you have is big enough to take your dog with you. It is possible that a large German shepherd will not easily fit on your paddle board, especially if you have a smaller board such as a Goosehill Sailor or a Gili. For such large dogs, you need a board of at least 3 meters in length, which is also somewhat larger in width. This gives the dog more stability and is also more comfortable for you.

For this, I would recommend these comfortable SUPs or anything similar:

Goosehill Touring **Isle Scout SUP**



Paddleboarding With Your Dog

Safety Instructions

1. *Make sure that the dog is not on a leash when you start supping with him. If he jumps into the water unexpectedly, the line can cause him to be strangled.*

2. *If your dog is afraid of the water, don't place him on a sup board. Make sure he overcomes his fear first, before you start supping with him.*

3. *We always advise to put a life jacket on your dog before you get on a paddle board.*

Paddle Boarding with your Dog



Paddle Board Maintenance



When you own a SUP board, it of course requires good maintenance to keep the inflatable SUP board in top condition. Because after all you want to enjoy your SUP board as much and as long as possible. Obviously a SUP board has to go through a lot when being used. Inflated and deflated over and over, the salt water, possible sand, hopefully no rocks or pebbles. But in general the SUP boards are very sturdy, even with excessive use of your board.

- Always keep your SUP elevated.
- Deflate your board whenever you're not using it.
- Clean with a spray and a towel after each use.

"If in doubt ... paddle out"



Paddle Board Maintenance

1 Store your SUP board elevated

It seems so easy to just drag your sup board behind you over the floor or beach. It is of course, but this could seriously damage your inflatable SUP (or non-inflatable SUP for that matter).

That is why it is always recommended to lift your inflatable SUP to the water and lift it up again when you get out of the water. This way you prevent the SUP board from touching surfaces or objects that may damage it.

Another thing to keep in mind is when storing your SUP, keep it off the ground. I like using racks, as you can see below. When in season, you can keep your SUP inflated all the time if you paddleboard almost every day. When inflated, remember to keep it elevated to protect it from damage.

I recommend using these racks for inflatable SUP and hardboards.

Paddle Board Rack



Paddle Board Maintenance

2 Deflate your board in the off-season

You should always deflate, dry, and clean the salt water off your SUP before storing it during the whole winter. When storing your SUP, make sure you have set up the right conditions for it.

Always make sure your inflatable SUP is not placed in the sun for a long time. Place it somewhere dry and cool, and if you have the space, I recommend deflating it to about 80% and leaving it open. If you have a hardboard, then just leave it on a rack someplace dark and cool, and you're good to go. If you want to leave your SUP board outside, it is wise to cover it up with a protective cover away from the elements and dirt.



Paddle Board Maintenance

3 Use spray and a towel

The first thing you have to take care of is the material of your inflatable SUP. It is always recommended to use the so-called 303 protectant spray. Most stores that sell boats, kayaks, and boards, have this spray.

SUP boards are used when the sun is shining. Excessive sun exposure has a negative influence and the material degrades more quicker. The 303 protective spray creates a protective layer over your inflatable SUP, which neutralizes the influence of the sun. The second thing you need to protect your inflatable SUP board is to always store it dry and clean the salt off.

Your SUP board could lose some of its quality when it is stored wet because mildew or mold can appear and salt can eat away the glue and stitches. This way you extend the life span of your SUP board, and you can enjoy it extra long.

"Trust yourself that you can do it and go after it."



Extra Tip For The Use Of Your Paddle Board

The weather circumstances have a constant influence on your SUP board, even when you are using it. It is good to know that the air pressure will expand when it is really warm outside. This could mean that while paddling, you might have to open up the SUP sometimes to let some air out, so the air pressure stays at a stable level. Are you going to SUP at low temperatures? Then the opposite might be the case. It could be necessary to add extra air during a more extended trip, so your SUP board keeps the proper air pressure and does not get too soft.

5 Essential Tips

If you've already read the above quickly but still want some tips for a good start, check out the following 5 tips.

1 Always Use An Ankle Cord

As you have read several times in this book: safety is above all. Don't be surprised by a hard fall, but your board will always be close by, thanks to the leash.

Learn More

2 Hold Your Paddle Correctly

This sounds like a no-brainer, but a lot of people hold their paddle the wrong way around. Check out this blog to know exactly how to hold it

Learn More



5 Essential Tips

3 At The Horizon

While paddleboarding, try to not look at your feet or the water but at the horizon. It is very tempting to look down to see how you move your paddle, how the water flows, or how stable you are. But if you want to stay stable, look ahead at the horizon!

4 Squeeze your core

This sounds rather crazy, but never paddle with just your arms. Get the power from your core muscles. These are the strongest muscles in your body and can provide you with the most power and balance. While paddling,
keep your back straight and your body weight over your toes.



5 Essential Tips

5 Fall off your board the right way

Falling is not a problem, but the way it happens is important. If you are just about to catch a wave and fall too close to your board, it can be smashed onto you by the wave. So try to distance yourself as much as possible from the board as you're falling. Don't worry about your board; if it's properly attached to you with the leash, it'll stay close.

"I Don't Sup To Add Days To My Life. I Sup To Add Life To My Days."



Frequently Asked Questions

SUP is hot! We receive a lot of practical questions from readers and visitors of the website. For your convenience, we have listed all these questions and their answers below:

1 How long does it take to inflate an inflatable SUP board?

This depends on the size of the SUP board and the pump that is used for this. When a manual pump is used, it will take between 6 and 10 minutes before the SUP board is fully inflated. Whenever an electric pump is used, this will take a lot less.

2 Can the fin be removed?

This depends on the model. There are models where the fin can easily be removed, but there are also some boards where the back fin has a permanent connection. In most cases, the small fins are not removable but the center one is.

3 Can I take a SUP board in an airplane?

Yes, this is possible. You can take your SUP board with you on holiday whenever you want. Pack your inflatable SUP as compact as possible.



Frequently Asked Questions

4 How much pressure should my sup board have?

The air pressure is often indicated in PSI on the pump opening on each SUP and in the manual. In most cases, you should have a pressure between 12 and 17 PSI, the average is 14. However, when the SUP board is used by a lightweight person, like a small child, the air pressure can be lower.

5 How do I know if my SUP board has a leak?

If a board seems to lose air and stiffness, a leak is not always the case. It may happen if you're paddling in cold weather. However, to be sure that there's no leak, inflate the SUP board and smear the surface with soap or dishwashing liquid. Are there bubbles in one specific spot? Then there must be a leak at that spot.

6 How can I repair my SUP board?

Every SUP comes with a repair kit with PVC patches and glue. Dry the spot and spread waterproof glue over it and patch it with one of the pieces. Let it dry for the indicated time and you're good to go.



Frequently Asked Questions

7 **How do I store the SUP board?**

Make sure the SUP board is completely dry and without salt water residue before you store it. When it is still damp, mildew or mold may occur. It is best to store the sup board in a garage or a closet, where it is cool and dry. Protect it from direct sunlight.

8 **How do I maintain the high quality of the SUP?**

This is done by adequately storing your sup board. Use protectant spray and follow my guidelines above.

9 **What kind of SUP paddle should I choose?**

For children it is good to opt for an adjustable paddle. For adults, the more expensive sup paddles are lighter, more durable, and more comfortable. However, as a beginner, it's not necessary to buy an expensive paddle. Safe the expensive gear for when you become a pro at paddling.



Frequently Asked Questions

10 Which basic techniques should I learn with the paddle?

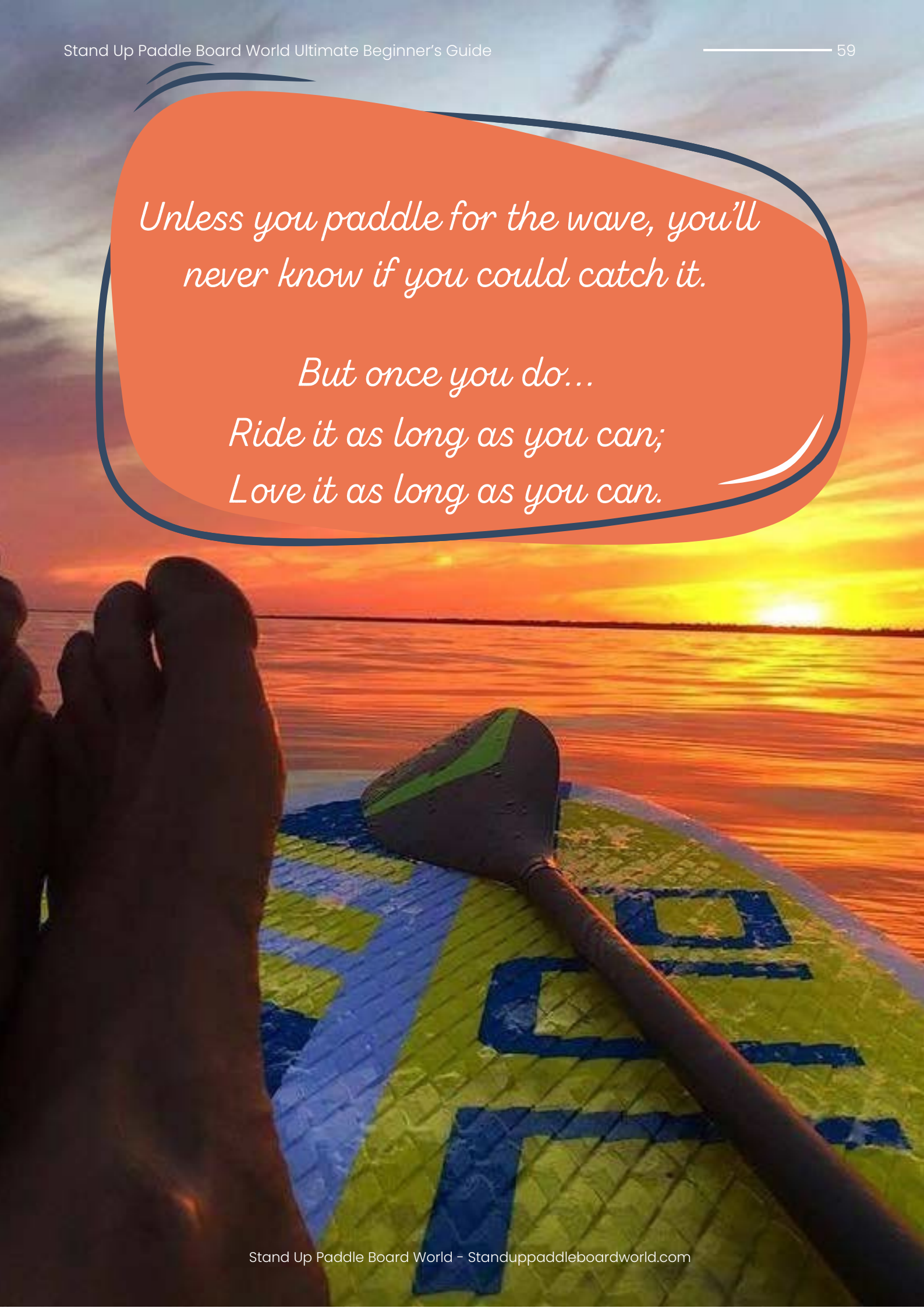
It's crucial that you learn how to turn, accelerate and slow down with your paddle. You can follow my instructions here when I explain the basic techniques. Just keep practicing until you've mastered it. You can find information in our blog here.

11 What happens if my SUP board hits the shoreline or an object?

In most cases, nothing will happen. SUP boards are made of a particularly strong material, which prevents tearing and damages. However, hitting into sharp objects hard can cause a leak. Always lift the board on the shore and don't drag it.

12 How long does an inflatable SUP board last?

The life span depends on the level of use and, of course, how it is handled. With proper maintenance, a high-quality SUP like the Bluefin could last for 10+ years.


Unless you paddle for the wave, you'll never know if you could catch it.
But once you do...
Ride it as long as you can;
Love it as long as you can.

Frequently Asked Questions

13 How long do I have warranty on my SUP?

On all our boards, you get a minimum of a 1-year warranty. Some SUP companies are generously giving 2 or 3 years but that will depend on where you buy your SUP from.

14 How long does it take to deflate and store a SUP board?

The deflation of a SUP board should only take a couple of minutes. Then it is vital that the sup board is completely dry and wiped off any saltwater before it is placed in the bag. Deflating and drying a SUP board can take up to ten minutes.

15 What kind of life vest do I need?

This really depends on your own preferences. By far, most paddlers wearing a life jacket use a model with a waistband at the waist, which inflates itself when the cord is pulled. However, all life jackets are great to use while paddling. I personally love the Restube, because of how compact it is, saves space and lives!

Restube Accessories



Frequently Asked Questions

16 Are dogs allowed on an inflatable SUP board?

Yes, this is definitely possible. If the dog likes it, it can surely sit on the board to accompany you on your cruise over the water. Follow my tips and instructions on how to paddle safely with a dog.

17 How many people can fit on a SUP?

Depending on the SUP, it is possible to paddle with at least two people on board. Follow the weight limit of the specific board you have and don't exceed it. When paddling near the weight limit, make sure to inflate the board to the maximum PSI to be rigid and stable. If you want to paddle with more people on board, consider buying the Bluefin Mammoth or any other of these boards:

Giant Paddle Board

18 Can I store my SUP board outside?

This is not recommended. It is better to store your board in a dry and cool place elevated on a rack.

Frequently Asked Questions

19

Do the length and width influence the performance of a SUP board?

Yes, this is definitely the case. The longer and narrower a SUP board is, the faster and sleeker it goes on the water. Example of a race board intended for experienced paddlers:

Bluefin Sprint Carbon

Wider boards are more stable and comfortable but also good for touring the waters as opposed to speed paddling:

Bluefin Aura Fit

These boards are so stable that you can even do Yoga on them.

Check out this handy purchase guide for beginners looking for high-quality SUPs without breaking the bank.

Lastly, if you like catching discounts as much as you like catching the waves, visit my SUP sales guide. I update it regularly with the latest discounts and SUP offers.

SUP Sales Discounts

And that's it, my fellow SUP fanatics. I hope you enjoyed all information presented in my humble eBook. Please follow my team and me across our channels, and if you have any further inquiries, feel free to contact me via email or a direct message on social media.



Visit our facebook page and instagram page for more info



EPILOGUE

You have reached the end of this e-book. Now you should be able to get on your paddle board, catch your first wave and even practice some yoga. We hope this e-book will help you with the principles of paddleboarding, the most beautiful and fastest-growing water sport in the world.

If you have any questions or suggestions regarding this book, please do not hesitate to send us a message to tom@standuppaddleboardworld.com



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