



## What to bring for a one-day SUP trip

- \_\_\_ Swimsuit (Please arrive with your swimsuit UNDER your clothes)
- \_\_\_ Sunscreen
- \_\_\_ Chapstick with sunscreen
- \_\_\_ Water bottle
- \_\_\_ Wide brim hat, with straps, to shade your face
- \_\_\_ Sunglasses, with retaining strap
- \_\_\_ Eyeglass retaining strap if you plan to wear your glasses on the water
- \_\_\_ Sandals with ankle strap or old tennis shoes (flip-flops are *not* recommended)
- \_\_\_ Change of clothes/towel for end of the day
- \_\_\_ Peak 7 Adventures Release and Medical Form

\*\*\* Always feel free to ask if you would like to bring an item not listed. Our staff will be glad to let you know if the item would be of use on the trip.

### **Peak 7 Adventures - Seattle**

7728 Rainier Ave South  
Seattle, WA 98118

314.397.2099

[info@peak7.org](mailto:info@peak7.org)

[www.peak7.org](http://www.peak7.org)



# Driving Directions

## Seward Park

Seward Park

5900 Lake Washington Blvd S

Seattle WA, 98118

Coming from the North- Take I-5 South then Merge onto I-90 East. Take exit 3 onto Rainier Ave S. Turn right on Rainier Ave S, then turn left onto S Orcas St. Continue onto Lake Washington Blvd S. Turn left onto Seward Park Rd, keep left into the parking lot.

Coming from the South- Take I-5 North toward Seattle. Take exit 157 onto M L King Way. Turn right onto S Othello St then turn left onto Seward Park Ave S. Turn right onto S Juneau St. and keep left into the parking lot.

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