



Preparation for Moonstone Beach Surf Camp & Good Reminders

Our skin does not see that much sun up here, so the potential for a sunburn is good. Apply sunscreen before you arrive at the beach and every time you get out of the water (hat, sunglasses and long sleeve shirt is also recommendation during lunch).

A 4 to 5 mm wetsuit usually keeps a surfer's body warm in summer. A hood, rash guard and booties can increase comfort.

Wash out your wetsuit at the end of each day with fresh water and let it drip dry out of direct sunlight (a salty wetsuit drying in the sun will get stiff & be uncomfortable).

vaseline=remedy for wetsuit-irritated skin (apply generously on skin & on area of the wetsuit that is rubbing)

Pack in water & a lunch and pack out your own trash daily (Pack it in, pack it out.)

When at the seaside and you get cold from surfing, take a break to lie low in the warm, dry sand & make a sandcastle. At lunch, take your wetsuit down to your waist, rash guard off, put on a warm shirt & lay in the warm, dry sand.

Our Formula Safety & fun are our top 2 priorities. By nature of moving water & active wave riders, our instructors are consistently moving from wave rider to wave rider, from the beach to outside the waves & from north to south--constantly lifeguarding, teaching, supervising and entertaining. Feel free to inquire more about Moonstone Beach Surf Camp's time-tested formula for safety, instruction & fun.

Daily Rhythm & Aloha Time The rhythm of our beach day includes fun games, morning stretch & talk, daily "vitamin", lifeguard safety/beach/ocean awareness/wave etiquette & wave riding lessons, guided and free surf sessions, and *Aloha time* --time to rest and relax, lie in the warm sand, make a sandcastle, etc. enjoying the peace of the whole beach experience & taking it all in

Surfcampers will remain on the beach (not in the parking lot) until you pick them up (please check out at the truck B-4 leaving)

Questions to Ask Your Surfrider to Find Out About Their Day

What was the morning talk about?

What was the vitamin of the day?

Describe how a rip current forms and how to get out of one?

What is a lizard pushup?

What is Wednesday's homework?

How do you avoid colliding with other wave riders (wave etiquette)?

Who is the Surfrider Foundation and what do they do? (www.surfrider.org)

MOONSTONE BEACH SURFCAMP T-SHIRTS FOR SALE ON FRIDAYS

Short sleeve Ts \$12-----Long sleeve Ts \$18-----NEW! Hooded Sweatshirts \$30

(other Tshirt discounts when buying 2 or more-just make us offer☺)