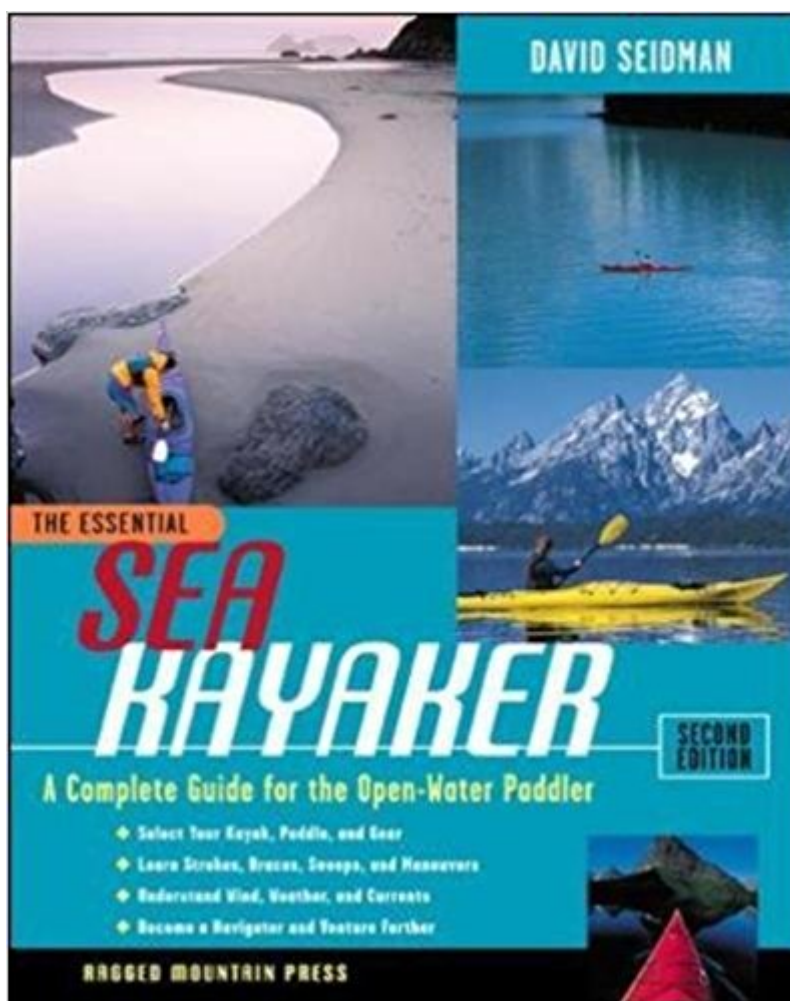


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# The Essential Sea Kayaker: A Complete Guide For The Open Water Paddler, Second Edition



## Synopsis

Expanded to include sections on seamanship, navigation, and health issues, the completely updated and redesigned new edition of David Seidman's bestselling guide reaffirms its reputation as the best sea kayaking guide available. A top-to-bottom introduction for novice and mid-level kayakers, this highly visual handbook provides kayakers with the whole scoop on everything from gear, transportation, and paddling technique to the finer points of Eskimo rolling, rescue protocol, group and solo paddling.

## Book Information

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## Customer Reviews

"... Seidman provides what so many so-called experts have not: a good, basic book about sea kayaking graced with a friendly, enthusiastic voice." -- Canoe "... does a good job of demystifying our sport and making it accessible for novices." -- Sea Kayaker --This text refers to the Digital edition.

The Essential Series--Your Trusted Guides "Does an excellent job."--Sea Kayaker "A standout. Empathy for the reader-what a concept!"--Canoe and Kayak "Filled with the details you need to make paddling safe and pleasurable."--WoodenBoat "We needed a book of this quality."--Atlantic Coastal Kayaker Combining the logic of a lesson plan with the grace of informality, this book is the next best thing to having a personal instructor always at your side. Known for nearly a decade as the sea kayaker's bible for its clear, user-friendly approach, The Essential Sea Kayaker is now

updated and expanded to give you the information you need on Boat and gear selection and care Skills from your first launch through carved turns, Eskimo rolls, and negotiating wind and waves Safety, health, and rescue tips Group and solo paddling strategies Seamanship and navigation Adopted by kayaking schools and seminars worldwide, the best introduction to sea kayaking is now even better.

I found this book before I bought my kayak, and I read it at least twice cover to cover before I got it. That said, I still rolled inverted in fifty-degree water within five minutes of getting in my new boat, but that's what I get for trying to explore the envelope too fast. I know where it is now. This book helped me a lot. I used it to help understand the available boat choices, the basics of paddling, gear choices, and something about rescue techniques. The author is probably from a warm climate, based on his teaching techniques, and some of that did not work for me, since I had to teach myself to paddle in 600-foot deep, cold salt water. If that's your situation, you should do like I did and seek instruction in reentry techniques instead of just reading the book and thinking you know how to get back in. If you never tried it, you don't. That is not a criticism of the book, though, just a point about teaching emergency procedures. They need to be taught in a situation where a real emergency is not likely to develop. The book does cover all the basics from buying a kayak, paddling, transporting, portaging, navigating and seamanship. I do recommend this book as a basic guide for anyone who is learning to paddle. There is a lot to know and the presentation and illustrations are clear and easy to understand. Paddling requires practice, though, so don't be like me. Practice in a safe place until you can really do it. And make sure you know for sure how to get the spray skirt off before you roll upside down the first time. That counting to three stuff is good, but you need more than that.

Excellent book which always consults ..

A good resource for kayakers.

This book is exactly what I needed to guide me through the kayak shopping and learning process. It begins with equipment basics to help you choose what's right for you and proceeds step by step through other basics of kayak ownership, use and transportation. I recommend it to all beginning kayakers and to anyone who's considering buying a kayak.

I don't know if I'd agree with the subtitle; Seidman's guide is by no means complete (for that, see

Dowd's "Sea Kayaking") but it certainly does cover the essentials of the sport, and as others have noted, it is certainly sufficient to introduce a newcomer to all the essential techniques needed to get started. While no book is a replacement for a good teacher, Seidman gives you enough to get out and teach yourself basic strokes, braces and perhaps even rolls- though that's something best seen demonstrated first. The photos are one of the strongest parts of the book, and a good argument for buying it- next to the "Performance Sea Kayaking" video Seidman's book has the best illustrations of basic moves to be found anywhere. If you were only going to buy one kayaking book, this would not be a bad choice- but after working your way through it you'd be well advised to move on to more detailed and specialized books as well.

This was the first book I bought after purchasing my kayak. It covers the gear you will need for paddling, safety and clothing. As well as discussing basic paddling and bracing strokes, a number of rescue techniques are covered, including the roll. Armed only with what I learned from the 8 pages on the eskimo roll, I went out and had myself rolling in two days. The book also includes a chapter on family and handicapped paddling. There is little coverage of extended or overnight trips.

arrive on time, It's an awesome product! Tried it immediately after I received it. The package is so pretty as well! best service, patient. Very well. my best friend needs it ,

I got into sea kayaking after reading this book and it is all the author said and more. I've lent this book to a number of friends who are now also "hooked". This is an easy to read book, one that evokes the possibilities of kayaking along with information necessary to develop the confidence to make them happen. I highly recommend it to anyone considering this great sport.

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