



Version 2.3

SUP INFLATABLES.

- USER GUIDE -

WELCOME

THANK YOU FOR YOUR RECENT PURCHASE FROM SUP INFLATABLES.

We have put this User Guide together to provide all of the information that you need to get out on the water and have a fantastic time with your inflatable paddle board. We only stock the best boards from the best brands to ensure that all of our customers go away with a high quality product that will perform well on the water and last for years. We are confident that, no matter which of our boards you have chosen, you will have a great time and love the freedom, adventure and fun that paddleboarding offers.

We would love to hear how you have got on so please get involved on social media; let us know where you've been paddling, post some photos and join our World of SUP! We are always here to help so if you have any questions at all please don't hesitate to get in touch.

[Get involved on Facebook >](#)

[Check us out on Instagram >](#)



IN THE BOX

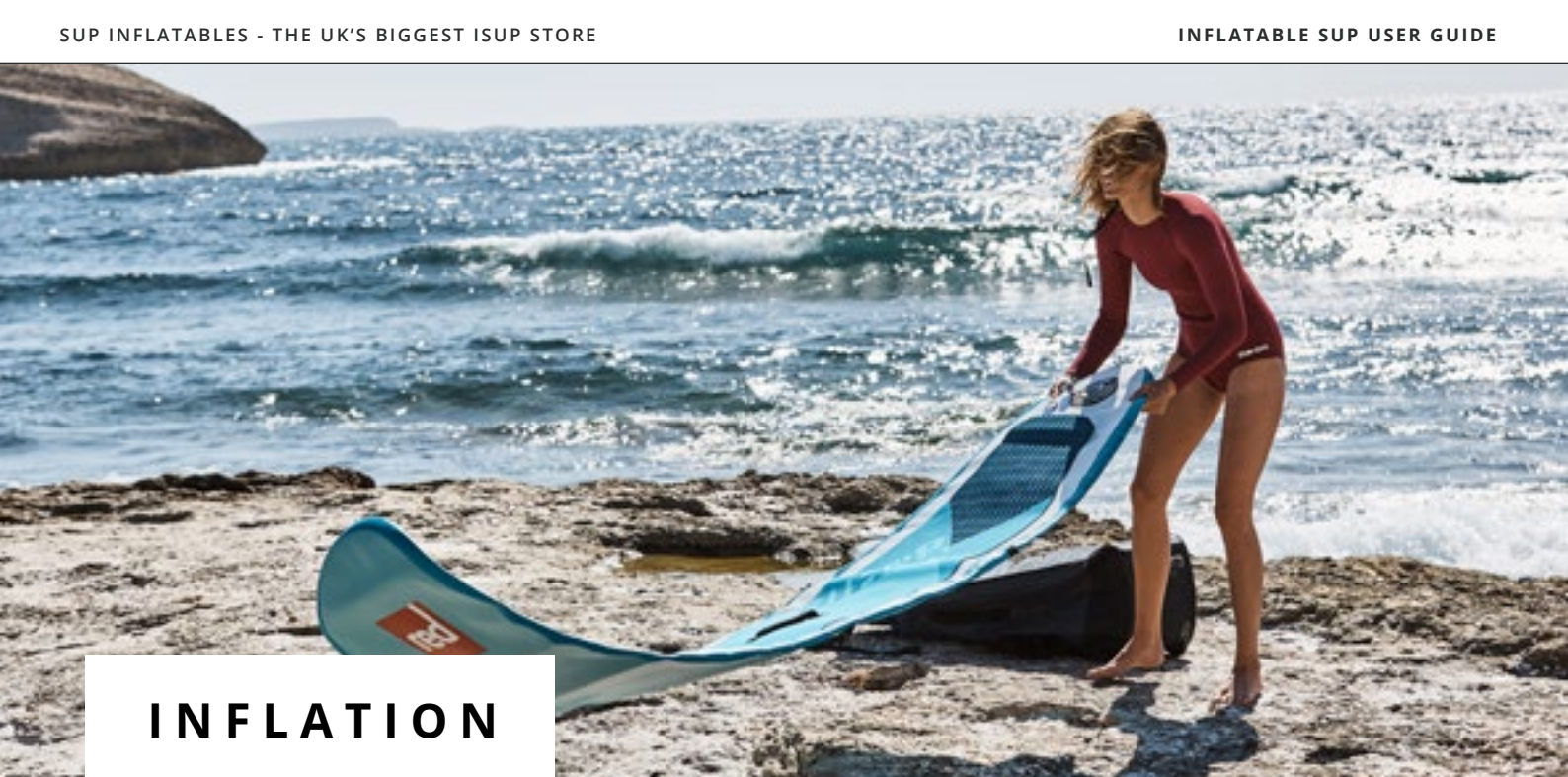
- ✓ Board
- ✓ Bag
- ✓ Maintenance Kit
- ✓ Pump
- ✓ 3-Piece SUP Paddle
- ✓ SUP Leash
- ✓ Waterproof Phone Case

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INFLATION




Unroll your board so that it lays top-side up.




Push the valve button down and give it a half twist.... this will pop it up into the UP position.



Attach the pump hose with a half twist clockwise onto the valve.



Begin pumping. For best posture keep a straight back and bend your legs with each pump stroke.



Remove the pump hose with a half twist anti-clockwise. Screw on the valve cap.

THE VALVE

Once you have taken the cap off the valve with a half turn anti-clockwise you will notice a spring loaded push-button. When this is in the DOWN position air is able to flow freely both in and out through the valve. When it is in the UP position air can only flow into the board. Change the position of the button with either a push and half twist or push and click.

Over-Inflation is not covered by warranty so take the utmost care, especially if using an air-compressor, not to over inflate the SUP. **We recommend that you inflate your SUP to 15-20psi** (check valve for details).





THE PUMP & PUMP MAINTENANCE

The pump can be split into two different parts (the pump and the hose) by screwing the ends together.

Your pump comes lubricated for smooth operation. If it needs re-lubricating, please get in touch for instructions. The pump has an air filter, which can be cleaned to maintain maximum efficiency.





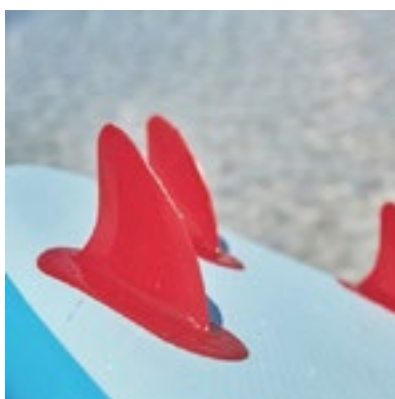
THE FINS

Now your board is inflated, you're nearly ready to hit the water. Let's just get your fin sorted. What you have to do depends on the type of fin that comes with your SUP.



US BOX FIN (MOST COMMON)

Remove fin bolt from fin and lightly screw the bolt into the nut. Put the nut in the track at the wide-point in the centre of the fin box and slide it towards the front of the board using the bolt. Remove the bolt. Put the end of the fin into the track (the non-fin bolt end). Slide the fin along the track and line up the hole in the end of the fin with the nut. Screw the bolt in by hand. At the end of your session remove the fin by reversing this process (be careful not to lose your fin bolt!). Store the fin bolt in the fin.



MOLDED FINS

You're in luck, molded fins are ready to go out of the bag, so nothing needs doing; you can hit the water!

Should you need to re-straighten your fins, this can be done by (carefully!) pouring boiling water over the fins and bending them straight by hand. For full instructions click below to watch a handy video by Red Paddle Co.

[WATCH VIDEO](#)

FCSII FIN

Slot the fin into the box then push firmly to lock into place. Release the fin with by rolling it up and forwards out of the box.

[WATCH VIDEO](#)

SLIDE - IN FIN

Slide the fin along the track. Push the plastic tab into the gap on the track until it clicks into place. Remove by pushing the plastic tab down and sliding out.

FCS THRUSTER FIN

Slot the fin into the box, then either tighten with an FCS fin key. It only needs to be finger-tight - be careful not to overtighten the fin.

DEFLATION

Remove the fin.

Remove the valve cap by twisting anti-clockwise.

Push the button straight down and then give it a half twist anti-clockwise. Be ready as the air will pour out! The half twist locks the button down so that air can freely flow out of the board.

Once you can no longer hear air flowing out of the board, begin tightly rolling from the opposite end to the valve. As you roll the last of the air will be forced out of the board.

Slide the board back into the bag. Your pump, fin and three-piece paddle can also be carried in the bag.





TRANSPORTATION & STORAGE

The beauty of Inflatable SUPs is that they really are easy to transport and store. Follow these simple pointers for a happy time with your SUP.

- Try and avoid storing your board in direct sunlight as it may result in fading of the colours on the board over prolonged periods.
- If you leave your board inflated between sessions attach your pump and check it is inflated to the correct pressure before you go on the water... changes in the air temperature/pressure can have an effect on the inflation pressure of the board.
- If on the beach on a hot day try to keep the board in the shade to stop both the board pressure increasing as the temperature rises and to help prevent UV striation. If there's no shade, then pop the board back into the water to cool down at regular intervals.
- We all know how hot a car can get, so if leaving your SUP in the car or van, or strapping it to the roof, it is important to release some air to reduce the pressure, giving some expansion room.
- When storing your board deflated it is best to leave it loosely rolled or unrolled.
- Molded fins may bend over time when the board is stored rolled up. These can be straightened using heat. Place them in boiling water to soak for a few minutes or use a hair dryer to heat them, before bending them back to position.
- Board, bag, pump and a three-piece paddle tend to weigh under 20kg so you will be able to easily check the kit on to most flights to take on holiday (to be sure it would be worth weighing your packed bag and checking with your airline before travelling).

STORING YOUR SUP OVER WINTER

It doesn't matter whether you store your paddleboard inflated or deflated, there will be no damage either way. If keeping it inflated, we recommend releasing a few PSI just in case the area where you store your board becomes too warm. You can store your board inside the bag or not. Leaving it deflated over the winter may cause some wrinkles in the board depending on how tight you roll but these will pop out when your board is re-inflated.

We suggest you remove your fins for winter storage and if you have the glued-on fin system these may become slightly bent, this is easily fixed with some warm water. We don't tend to find that boards go moldy in winter but to be doubly sure that this can't happen just wash with fresh water and either air dry or wipe completely dry before rolling and storing away. You can store your board in a garage, shed or attic, we do suggest the board isn't stored anywhere too cold or too hot though, with good board storage between 4 - 40 degrees C.

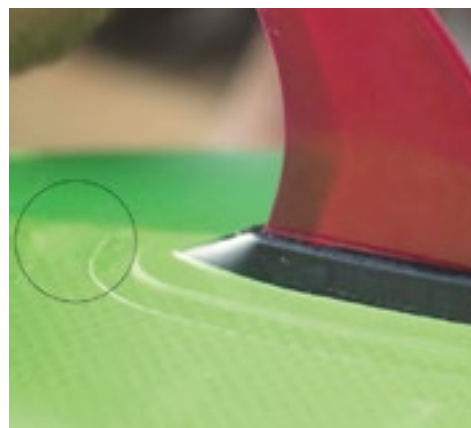


BOARD MAINTENANCE

REPAIR

If you need to repair your board use the repair patches and glue that are included in your repair kit. Make sure that you perform the repair in a well ventilated area and avoid inhaling toxic vapours. Avoid contact with skin and eyes and keep all repair material away from children.

- Make sure that the board is fully deflated, dry and lying flat.
- Cut a patch that is around 2 inches larger than the tear on all sides.
- Clean the area where the patch is to be placed using a substance like acetone or alcohol.
- Apply three thin coats of repair kit adhesive to both the board and the patch, leave 5 minutes between each coat.
- Place the patch on the the board, rolling it on from one end. It grips immediately so make sure that you place it in the correct position. Use a hand roller to firmly stick the patch down and to ensure an even seal.
- Wait 24 hours before re-inflating the board.



THE BUMP

You may notice that the underside of your board has a slight bulge directly below the valve, and in the case of boards with a windsurfing UJ attachment also point below this point. This is absolutely normal and nothing to worry about.

The board is constructed using drop-stitch fabric which has thousands of tiny threads running between the top and bottom layers of the board. There are fewer of these threads in the position of the valve meaning a slight bulge occurs on the under side of the board. This will not affect the performance or longevity of your board.



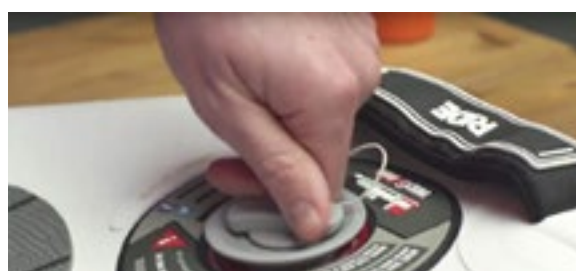
VALVE REMOVAL

It is very easy to remove the valve on your paddleboard to check its operation and replace it if necessary.

Use the valve removal tool that is provided in your repair kit. Unscrew the cap of the valve and then place the tool into the valve. Turn anti-clockwise to unscrew the valve. Once you've loosened it with the tool, you can replace the cap and unscrew the valve the rest of the way by hand.

Check that the rubber seal on your valve is in the correct position and that the valve opens and closes easily when you push the button on the top side of the valve. If your valve is broken please contact us to arrange a replacement.

Replace the valve by turning clockwise by hand at first, then switching to the tool to finish tightening it. Make sure that the thread is properly aligned before tightening and be careful not to over-tighten the valve.





YOUR PADDLE

Your paddle comes in 3 pieces for easy transportation. To put it together, open up the clamps to allow the shaft sections to slide in before closing the clamps again. If your paddle has a pushpin on the shaft section, make sure this clicks in place. Before setting off on your adventure give the paddle a light twist to make sure the clasps are tight and the paddle isn't twisting around on itself.



If your paddle needs tightening up, check whether the clasp needs a tool or is tool-less. If you need a tool check your maintenance kit. Keeping the shaft in and clasp closed tighten the screw quarter of a turn at a time and check again. Do not over tighten the clasp.

If your clasp is tool-less, open the clasp, take the shaft out, whilst the clasp is in the open position gently twist once, place the shaft back, close the clasp, check the tightness and repeat the process until the shaft is tight. Don't over tighten.

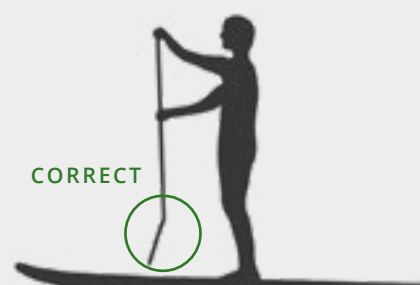
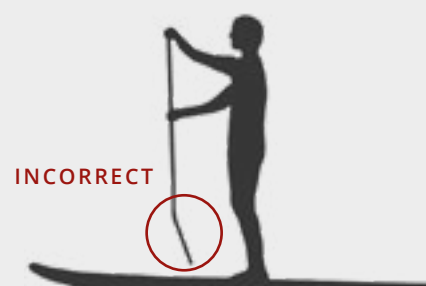
PADDLE HEIGHT

Adjust the paddle height so that it is roughly 4-6 inches above your head. Use this as a starting point and then adjust it up or down depending on your preference as you paddle.

- For touring / cruising: A longer paddle height makes for nice long gentle paddle strokes.
- For surfing / racing: A shorter paddle height makes for short, sharp, powerful strokes.



Make sure you hold your paddle the correct way round, with the blade angled forwards in front of you...



SUP TECHNIQUE

Watch SUP technique videos by SUP pro Sam Ross!

[CLICK HERE](#)



SUP SAFETY

The most important thing when paddleboarding is to make sure that you are safe, so follow these pointers to make sure that you and your family have an amazing time on the water!



Check your equipment before you go on the water



Wear a buoyancy aid or personal flotation device



Always check the weather forecast and tides



Be aware of the effect that tide or river flow can have on your paddling speed and build this into your route plan... if it takes 1 hour to paddle down river it may take 3 hours to paddle back up!



Dress appropriately for the conditions. Wear a wetsuit / drysuit when paddling in cold water conditions to avoid the risk of hypothermia or cold water shock should you fall in



Always wear your leash, both on flat water and in waves. Should you fall in tide, wind or waves can separate you from your board... the leash prevents this



Paddle with a friend, or at least make sure somebody knows where you're going and when you plan to be back



Take a way to contact people e.g. a mobile phone in a dry bag



Attend a relevant first aid course so that you know how to look after yourself and others



Do not go paddling if you are under the influence of alcohol, drugs or medication

IN THE WAVES

- Always wear a surf leash
- Make sure you find a spot with plenty of space - avoid paddling in a busy line up
- Only go out in conditions that are suitable for your ability



HERE TO HELP

We hope that you have an amazing time on the water with your new paddleboard!

The main thing to remember is that we're always here to help, so if you ever have any questions about your kit or need any general advice then please feel free to get in touch.

E: INFO@SUPINFLATABLES.CO.UK T: 07545 882606

THE PLACE FOR SUP GEAR

If you ever need any SUP gear then head back to supinflatables.co.uk. We have a dedicated SUP wear section full of paddleboarding-specific waterwear, a great range of performance SUP paddles and an extensive accessories section.

[Click here to Shop SUP Wear >](#) [Click here to Shop Accessories >](#)

[Click here to Shop Paddles >](#) [Click here to Shop WindSUPs >](#)

WIN A £50 GIFT VOUCHER!

We appreciate all customer feedback, so give us a star-rating or write a quick review on Google and you'll be entered into our quarterly prize-draw to win a £50 gift voucher to spend at supinflatables.co.uk!

[Read the full terms of the prize-draw here >](#)

**CLICK HERE
TO REVIEW**

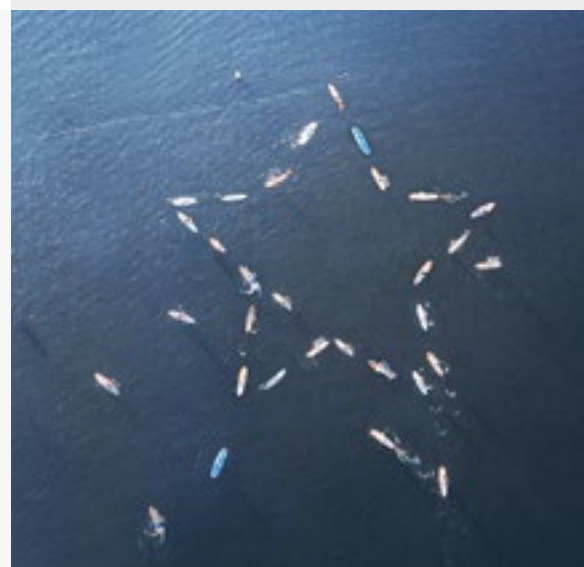
HEAR ABOUT THE BEST DEALS FIRST

Join our mailing list to hear about the latest deals and special offers on paddleboards, waterwear and SUP accessories. We promise we won't bombard your inbox, and of course you can unsubscribe at any time.

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HERE
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A person is seen from behind, standing on a stand-up paddleboard (SUP) and paddling in the ocean. The paddleboard has a colorful design. The water is dark and slightly choppy. In the background, a rugged, rocky coastline with some sparse vegetation is visible under a dark sky. The overall scene is dimly lit, suggesting dusk or dawn.

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