

# Kayaker's rough guide

## Sea States 0 to 4

Sea state	Description	Wave height	Kayaker's rough guide
0	Calm (glassy)	0 m	No waves
1	Calm (rippled)	0 – 0.10 m	Up to deck seam approximately (depending on load and kayak design)
2	Smooth	0.10 – 0.30 m	Between deck seam and armpit height (approximately)
3	Slight	0.30 – 1.00 m	Between armpit and paddle-top height (approximately)
4	Moderate	1.00 – 2.50 m	Kayakers with paddles up disappear in troughs

Sea state 0

“Calm” (glassy)

0 metres











Sea state 0

“Calm” (glassy)

0 metres



Sea state 1 “Calm” (rippled) 0 – 0.10 metres











Sea state 1 “Calm” (rippled) 0 – 0.10 metres

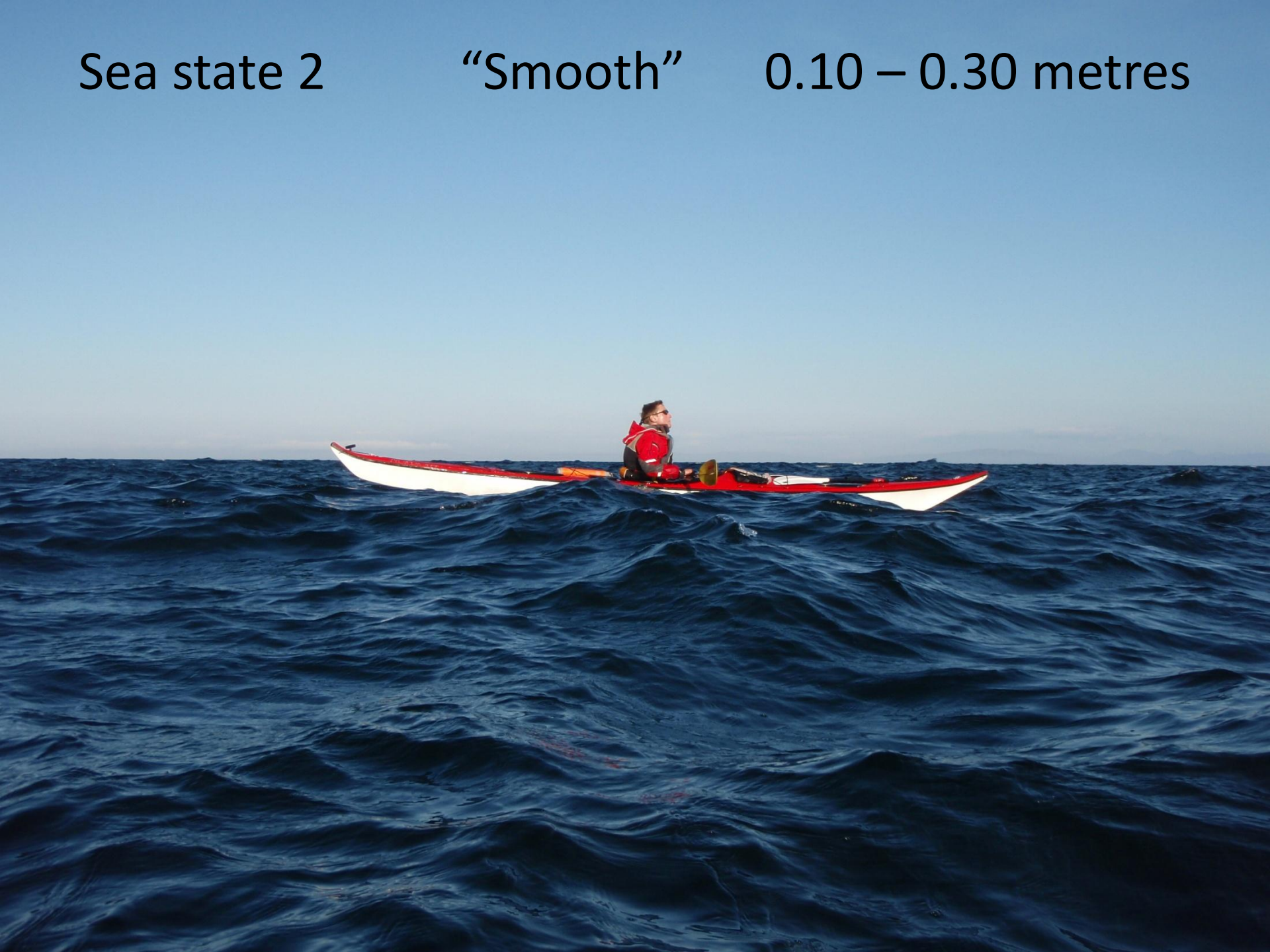
Up to deck seam height approximately  
(depending on load and kayak design)



Sea state 2

“Smooth”

0.10 – 0.30 metres



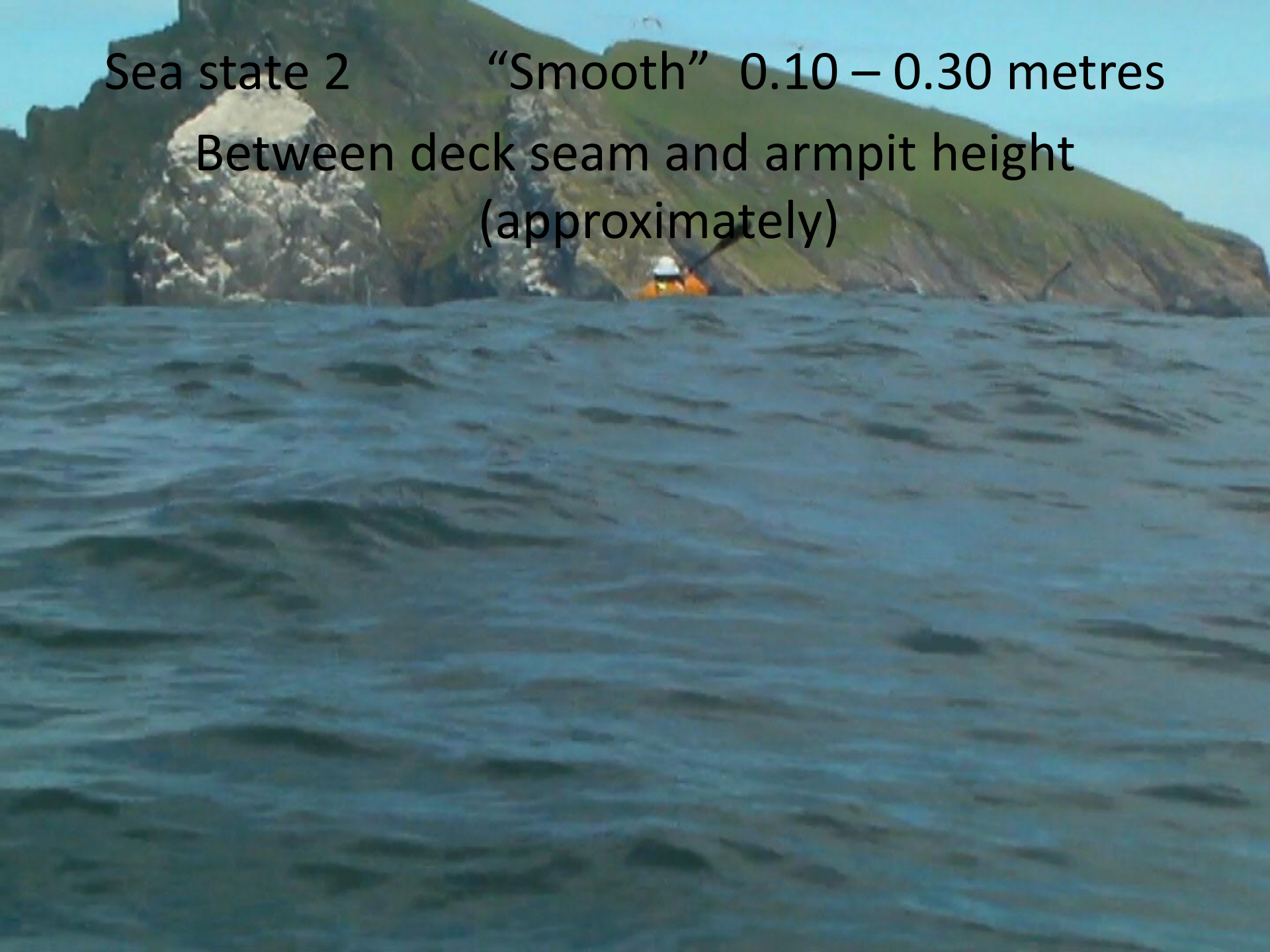








Sea state 2      “Smooth” 0.10 – 0.30 metres  
Between deck seam and armpit height  
(approximately)



Sea state 3

“Slight”

0.30 – 1.00 metres



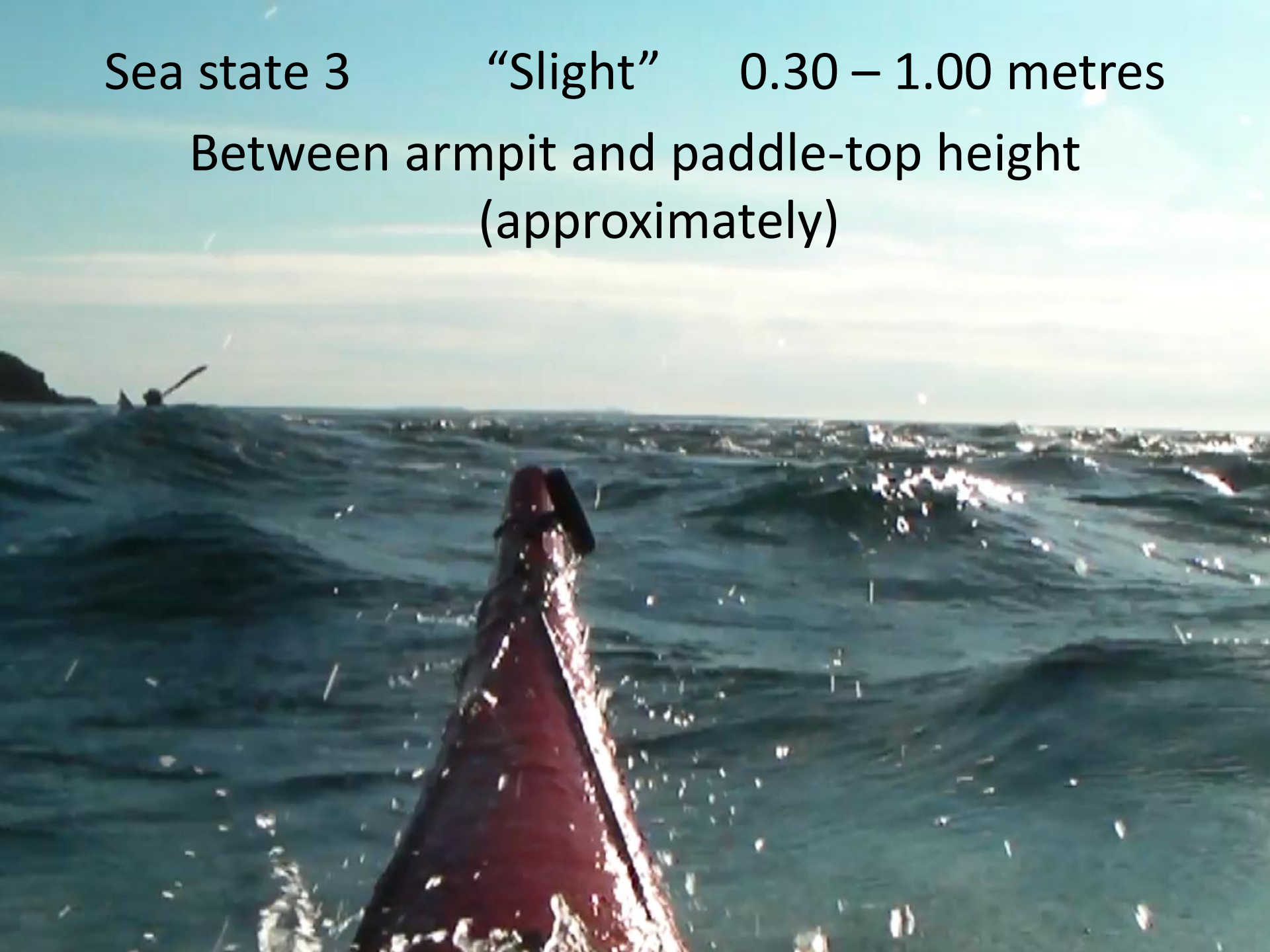






Sea state 3      “Slight”      0.30 – 1.00 metres

Between armpit and paddle-top height  
(approximately)



Sea state 4

“Moderate”

1.00 – 2.50 metres





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Sea state 4 “Moderate” 1.00 – 2.50 metres  
Kayakers with paddles up disappear in troughs



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