

Paddle Board Quick Start

From the bag to the lake, and what to do on day one.

Every POP inflatable paddle board ships as a complete kit. A board only performs when it is pumped firm, so the one number to remember is 12 to 15 PSI.

12 to 15 PSI
the pressure to pump to

5 to 8 min
with the hand pump in the bag

2 to 3 min
with an electric pump

No tools
the fin clicks in

In the bag

- [ ] Air Ride inflatable paddle board
- [ ] Stop Rip bag with wheels
- [ ] 3-piece aluminum paddle
- [ ] High-capacity hand pump with a gauge
- [ ] Universal 8 in click-in fin
- [ ] 10 ft leash
- [ ] Repair kit

Set up in six steps

1. **Unroll the board** on a flat, clean surface, away from sharp rocks and hot pavement.
2. **Check the valve.** The pin should be up, in the closed position, so air stays in.
3. **Attach the hose** firmly. A loose connection leaks air.
4. **Pump.** The first part is quick. The last few PSI take the most effort.
5. **Stop at 12 to 15 PSI** on the gauge, then close the valve cap.
6. **Clip in the fin,** put on the leash and adjust the paddle.



Your first paddle

- Start on your knees and get used to how the board moves.
- Stand with your feet parallel, about shoulder-width apart, over the center carry handle.
- Look at the horizon, not at your feet.
- Pick flat, calm water for your first few sessions.
- Wear the leash and a PFD. Rules differ by state and waterway, so check yours.

Know your board

Board	Size	Max rider
11'6" El Capitan Bomber	36 in wide	450 lb
11' Yacht Hopper	32 in wide	325 lb
10'6" Royal Hawaiian Palm	30 in wide	275 lb

If something feels off

- **Board will not hold air:** the valve pin is down. Press and twist it up, then pump again.
- **Hissing at the valve:** reseat the hose.
- **Board feels soft or tippy:** it is under-inflated. Keep going to the number on the gauge.
- **Rock hard after sitting in the sun:** heat raises pressure. Move it into shade and let a little air out.
- **Will not track straight:** the fin is missing.

Pack up

- Rinse with fresh water, especially after salt water.
- Dry it completely before you roll it.
- Roll it, do not fold it, and store it out of direct sun.

PRODUCTS IN THIS GUIDE



11'6" El Capitan Bomber
See current price



11' Yacht Hopper
See current price



10'6" Royal Hawaiian Palm
See current price

Read more: How to inflate a paddle board · Best paddle boards for beginners

MORE GUIDES FROM POP BOARD CO.

Guide 01 · Inflatable Dock Size and Capacity Chart
Guide 02 · Boat and Motor Fit Chart
Guide 03 · Lake and Boat Gifts by Budget
Guide 05 · Dock Setup and Anchoring Checklist
Find every guide at popboardco.com/pages/guides

SCAN TO SHOP BOARDS