



surf

Try it
Rent a board and take a lesson at your local surf shop, or visit the International Surfing Association (ISASurf.org) to find a certified surf school near you.

There's a reason surfer chicks are totally stoked during micro-bikini season: Their arms are toned from paddling, their legs are lean from crouching down, and their abs are ridiculously tight from all that on-board balancing. Coach Candice Hague, program director for the Women's Surf Adventures program at the Safari Surf School in Nosara, Costa Rica, has the lowdown to get you hanging ten. If you don't already own the perfect bikini, start shopping! May we suggest an itsy-bitsy, teeny-weeny, yellow, polka-dotted one?

Know, then go!

SPILLS HAPPEN When you feel unsteady, take a deep breath, throw your arms over your head (to protect it from your board), and fall backward. Keep cradling your head as you emerge from the water and say something like "That was gnarly!" Because, honestly, when else can you use those words in a sentence unironically?

YOU WON'T GET SUCKED OUT TO CHINA That said, riptides are serious business. If you feel yourself being pulled away from shore, turn your board parallel to the beach and paddle hard; within a few strokes, you'll be safely back in calmer waters. Phew.

STOP WORRYING ABOUT SHARKS You're 32 times more likely to be struck by lightning than attacked by a toothy swimmer, according to the Florida Museum of Natural History. Take that, Jaws!

How to not look stupid

We know you're eager to catch your first wave, but don't be the girl who puts on her board's ankle leash halfway up the beach—then trips all the way to the water. Wait until you hit the shore, then leash up!

Hooked? Get your own gear!



Stand tall
The longer the board, the easier it is to stand on. Try this sweet 8-footer (\$745; WaldenSurfboards.com) and you'll feel as at home in the water as a mermaid.



Be on guard
Slip on the O'Neill Skins rash guard (\$35; Oneill.com) to prevent painful belly chafing.



Skin-sational
Nab face, body and lip sunblock, plus a bar of glycerin soap to wash the salt off post-session, in the Surf-Vival Kit for Surfers (\$27; SmartGirlsWhoSurf.com).

Wax on! Layer Sticky Bumps Day Glo wax (\$14 for seven bars; StickeBumps.com) on your board to give your toes more to grip.

