

How to Choose a Stand Up Paddle Board (SUP)

Stand up paddle boarding (SUP) offers something for everyone. You can head out for a relaxing paddle on a calm lake or catch waves in the ocean. Or maybe you'd like to do SUP yoga or go for a fast-paced paddle to get a workout. Whatever your ambitions, having the right board is key to your enjoyment. In this buying guide, we'll review the main points you need to think about when choosing a board.

To find the right stand up paddle board for you, consider how you're going to use it, how it will fit your body and how you want it to handle in the water. The key decision points will be the shape of the board, getting the correct volume and capacity, as well as the proper length, width and thickness. Whether you choose a solid or inflatable board will largely depend on how you will transport it and how much storage space you have. From there, you'll consider a board's fins and any extras or accessories that work for you.

UP Volume and Weight Capacity

A SUP board must work for your size. If the board doesn't displace the correct amount of water for your weight, you won't be supported well and the board may feel unstable. Board volume and weight capacity are two factors that affect how stable you will feel and how well the board will travel through the water.

PRODUCT	TYPE	PADDLER MAX WEIGHT (LBS)	PRODUCT LENGTH	PRODUCT WEIGHT (LBS)
11'0" BIG EZ HAWAIIAN AIR ALL AROUND PADDLE BOARD	Inflatable	338	11'0"	22
12'0" ENDURANCE AIR TOURING BOARD	Inflatable	263	12'0"	24
10'0" MOON MIST TPU INFLATABLE SUP	Inflatable	260	10'0"	14
11'0" BIG EZ HAWAIIAN VFT PADDLE BOARD	Solid	350	11'0"	34
8'6" CARVE SURF PADDLE BOARD	Solid	197	8'6"	14
11'0" NAVIO VFT ALL AROUND PADDLE BOARD	Solid	375	11'0"	36
11'0" BIG EZ ANGLER FISHING PADDLE BOARD	Solid	366	11'0"	36
11'0" BIG EZ HAWAIIAN FAMILY PADDLE BOARD	Solid	317	11'0"	30
14'0" CADENCE FITNESS PADDLE BOARD	Solid	248	14'0"	29
12'6" CADENCE FITNESS PADDLE BOARD	Solid	222	12'6"	26.5
9'6" DIABLO AIR INFLATABLE WHITE WATER SUP	Inflatable	317	9'6"	22

Volume and weight capacity are determined by the length, width and thickness of the board. SUP manufacturers combine these three dimensions in different ways to achieve different performance characteristics (see the SUP Length, SUP Width and SUP Thickness

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TOP RECOMMENDED PRODUCTS



10'0" | MOON MIST YOGA PADDLE BOARD



11'0" | BIG EZ HAWAIIAN VFT PADDLE BOARD



12'0" | ENDURANCE TOURING PADDLE BOARD