

HOW TO SKIP A ROCK



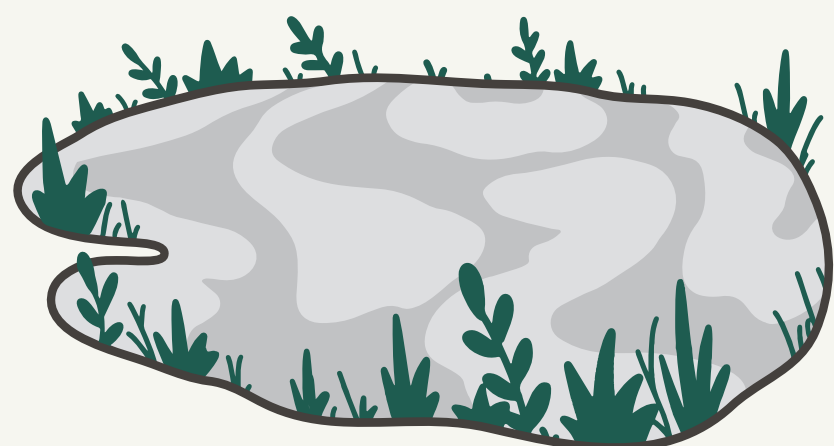
STEP 1: The Rock

The ideal skipping stone is flat, small enough to hold in one hand and not too heavy.



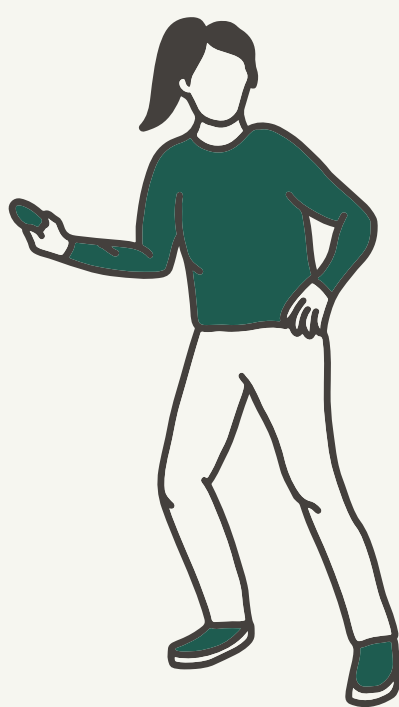
STEP 2: The Grip

Hold the rock with your thumb on top and middle finger on the bottom. Then, wrap your index finger along the edge.



STEP 3: The Water

Flat, still water is best (like a lake or pool in a stream). But a calm day on the ocean also works. And make sure there's nothing in your way first!



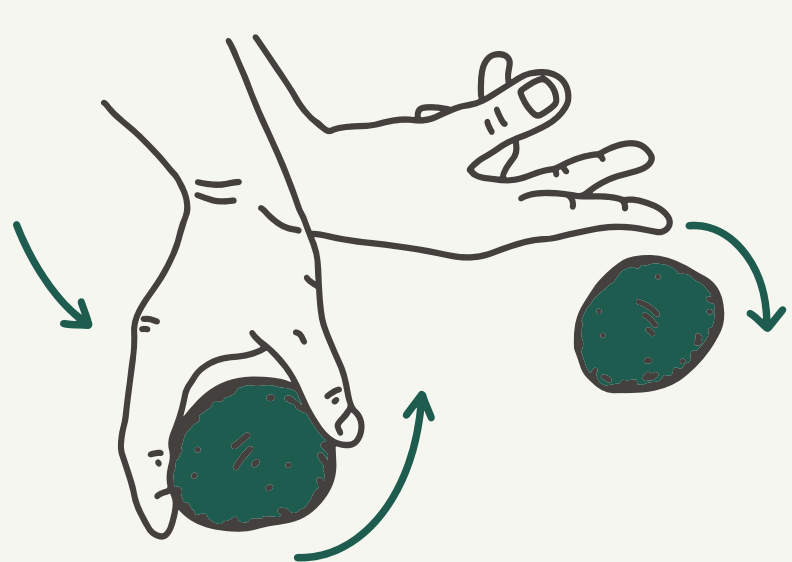
STEP 4: The Stance

Face the water at a slight angle, knees bent, with your throwing hand behind you, palm up and elbow in at your side.



STEP 5: The Backswing

With the rock parallel to the water, bend your wrist back, but try to keep your chest facing the water.



STEP 6: The Release

Whip your arm forward, releasing the rock when it comes across your body so it's parallel to the water. Try to flick your wrist at the end and spin the rock so it bounces off the surface.

STEP 7: Try Again



Find more DIY activities at [REI.com/diy](https://www.rei.com/diy)

