



Ready for an adventure?™

What should I wear?

Cool Days.

As they say layers, layers, layers.....

Layer 1.... a tight fitting and thin underwear or mid-weight fleece. You do not want to wear cotton on the river. Cotton actually makes you colder. Try synthetic fibers, they maintain an insulative properties and when wet, and take moisture away from your body.

Layer 2....most popular..... anything lycra, spandex or nylon. We do have wet suits to rent, they are a farmer John type with a spray jacket.

Layer 3.... for the advanced white water rafter, a good paddling suit. loose enough to paddle without limitations.

Extras.... a wool hat to keep the warmth in. Old tennis shoes or sandals with neoprene booties or socks, even water shoes will do

Hot Days...

Start with the basics.... Shorts, T-Shirts, tank tops, Bathing suits these will dry quickly after you get wet... and you will get wet.

Important extras..... Sunglasses a cheap pair is best, you do not want to lose your best pair. A ball cap or visor to wear under your helmet. Sun screen on those bright sunny days.

On my feet.... Old tennis shoes, sandals that strap to your feet, or a pair of water shoes.



**DON'T FORGET TO
PADDLE!**