

What Do I Wear on the River?

On your FEET:



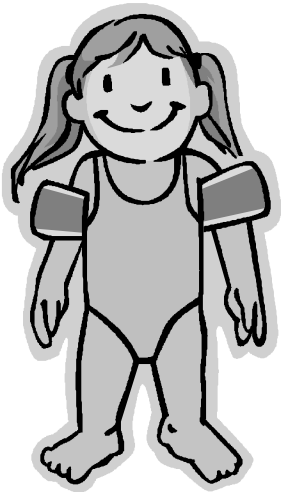
Warm Weather

Shoes are required. Any shoe that you don't mind getting wet that will stay on your foot is a good choice. Sport sandals, sneakers, or water shoes are all good choices. Flip flops are not recommended.

Cold Weather

In the early spring months we recommend sneakers or sport sandals with a good pair of wool or heavy fleece socks. We rent neoprene wetsuit booties for \$5.66 that will help to keep your feet warm on the coldest days. Do not wear cotton socks on the river, they will hold water and suck away your body heat.

On your BODY:



Swim Wings Not Required 😊

Warm Weather

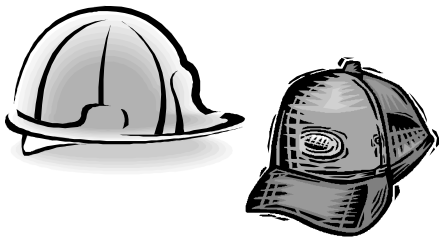
In warm weather, a swim suit is sufficient. Ladies may want to wear lightweight shorts over your suit. You may also wear a T-Shirt for comfort and sun protection. Don't forget the sunscreen.

Cold Weather

In cool to cold weather we recommend wetsuits*. Wear a bathing suit as a base layer under the wetsuit. You may also wear a layer of snug fitting synthetic type long underwear under the wetsuit (Under Armor, Capilene, Etc...) for those cold days of early spring. Layer your upper body with a wool or fleece sweater. Top it all off with a paddling/splash jacket*. **Do not wear any cotton, especially next to your skin. Cotton holds moisture and draws heat away from your body. This is great if it is 95° outside, but when it is cold, it is a recipe for a very uncomfortably chilly day.**

*Wetsuits and Paddling Jackets are available to rent. You may reserve them in advance or rent them the day of your trip. Wetsuit with a Paddling Jacket rents for \$10.85 and a Paddling Jacket alone rents for \$3.77.

On your HEAD: **All participants are required to wear a helmet.**



Warm Weather

You may want to wear a ball cap under the helmet for sun protection. Sunglasses are optional. If you bring them be sure to strap them on!

Cold Weather

In cold weather you may want to wear a snug fitting wool or synthetic hat under your helmet.



Don't forget a towel and dry change of clothes for after your trip.