

# What to Wear Rafting with Class VI - MR

**It is pretty simple in the summer.** The temperatures are warm and so is the water so your main concern will be to protect yourself from the sun. River sandals or old sneakers make ideal footwear. A bathing suit and a pair of nylon shorts is a good base layer. A long-sleeve synthetic shirt or light windbreaker is good to have in case of a sudden shower or temperature change. A hat, sun block, sunglasses with retaining strap, disposable camera and you're good to go. Your guide will have a bit of extra room in his or her dry bag to hold your extra layer.

Things gets more complicated in the spring and the fall, when the water and air temperatures are colder. Let us walk you through our recommended system of dressing.

**Base Layer.** Polypropylene, capilene, thermax and thermion are some of different types of synthetic long underwear that is available. Anyone who does anything outdoors should invest in a set. It is indispensable for hiking, biking, skiing, water sports, gardening or just staying comfortable in a chilly house. These fabrics are designed to wick moisture away from your body. They are hydrophobic, meaning they do not absorb water; rather they transfer it to your outer layers where it can evaporate keeping your core more comfortable. Silk long underwear is available and feels great but it is not as effective as synthetics.

**Mid Layer.** Next you'll want to add a layer of fleece or pile. These are thicker and fluffier than your base layer and supply insulation and warmth. Made from synthetic fibers, they will not absorb nearly as much water as natural fibers. Wool provides some insulation when it gets wet but not as much. Cotton is an absolute no-no. It will make you cold. We guarantee it. So leave that sweatshirt at home or save it for snuggling into after your trip.

**Outer Layer.** The purpose of this layer is to block the water. It can take several forms. Paddle jackets are ideal because they have neck and wrist closures that prevent water from reaching your sensitive core. Waterproof-breathable (such as Gore-tex) or coated nylon rain shells work well too. Ponchos are not recommended. We will be happy to rent you a paddle jacket.

**Wet Suit.** We recommend wet suits for spring and fall trips unless the day is unseasonably warm. If you are lucky enough to own one bring it along in case. If not we will be happy to rent you a farmer john (sleeveless style) that will do the trick. Wear your mid layer under it and your outer layer over it and you'll be comfortable. Think of it as an insurance policy. No sense paying your money then shivering the day away wishing the waves weren't so big.

**Socks, Gloves and Hats.** If your feet are warm, your whole body will be warm. In the spring and fall we recommend neoprene socks or booties. The next best thing is wearing wool or fleece socks with your sneakers. Neoprene, fleece or wool gloves will keep your hands happy. There will be room under your helmet for a hat.

**Change of Clothes.** One of the best things about a cool-weather rafting trip is that hot shower that comes after. Our deluxe shower house has heated floors and plenty of hot water. Don't

forget your towel and your dry clothes. Then you'll be ready to relax, sip your favorite beverage, trade stories and enjoy watching the video of your day's adventure.

### **What to Wear Check List**

- Shorts or swim trunks
  - Sandals or old running shoes or wetsuit booties for the spring/fall
  - Sock – Cotton socks to keep the sand out in the summer or wool, pile, or wetsuit socks in the spring/fall
  - Ball cap (for the summer)
  - Sunglasses
  - Glasses strap
  - Sunscreen – waterproof ( a river trip is like a day at the beach)
  - Shirt – preferably a quick drying shirt which blocks the sun
  - Windbreaker or rain jacket
  - Waterproof disposable cameral
  - Long underwear – Polypropylene or capilene or thermax
  - Fleece Jacket
  - Fleece Pants
  - Rain Suit or come ready to rent
  - Wetsuit – We have plenty of rental farmer johns
  - Wetsuit gloves or golf gloves
  - Pile hat
  - Dry bag – each guide carries a dry bag (big enough for a few jackets or personal items -
  - Personal hygiene items
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### **Post Trip Suggestions**

- Change of Clothes
- Towel
- Toilet kit

\* Do not wear cotton items on the river, such as socks, sweatshirts or blue jeans. Cotton holds water and wicks warmth away from your body.