

# What to Bring

## **Warm Weather Clothing:**

- Bathing Suit, Nylon Shorts, & Shirt
- Old sneakers, Aqua socks, or River sandals (Do not wear Flip flops)
- Fast drying windbreaker or Rain slicker

## **Cold Weather Clothing:**

- Wool or Acrylic socks
- Fleece top, Nylon windbreaker
- Spandex or Nylon (for under the wetsuit)
- Wool or Acrylic Hat
- Do not wear cotton... Once it gets wet it does not insulate

## **General:**

- Towel
- Sunscreen
- Lunch, bring a lunch or order one from us (the trip will stop along the river for a lunch break)
- Directions