

Preparing for Spring and Fall Weather on your River Trip (Page 1 of 2)

WEATHER IN THE SPRING AND FALL IS UNPREDICTABLE. (April through Early June and after the first week of September) While it is usually sunny and pleasant during the day and cool but comfortable in the evenings, storms can blow through bringing rain and it is not unusual for temperatures to drop below normal. For your comfort and ability to enjoy your trip (and for the enjoyment of those around you) it is important for you to be prepared for all kinds of weather during early and late season trips. While we always carry extra cold weather gear, it is not possible for us to completely outfit everyone on a trip. To help you prepare, you should consider the following tips.

1. **Raingear** We provide paddle pants and tops for the river but good quality raingear (tops and bottoms) will keep you comfortable in camp.
2. **Polypro, Fleece, Polartec (synthetic fabrics):** You will want to be able to dress in layers of synthetic fabrics. Polypropylene undergarments are good to start the layering. Thicker fleece or Polartec are good to wear next and if conditions warrant, good quality raingear as a shell to protect against wind and rain. Wool and silk garments also work well in the layering process. Synthetic fabrics keep you warm when wet and layering allows you to adjust quickly and conveniently to quickly changing conditions.
3. **Avoid cotton clothing at all costs!** Cotton t-shirts, sweat shirts, long johns and pants will get wet from rain or the splash and spray from rapids. Once wet, cotton dries very slowly, accelerating heat loss from your body and increasing the possibility of hypothermia. Even cotton underwear can hinder a person's ability to keep warm. If it's going to be cold and wet – avoid wearing any cotton garments.
4. **Jacket and Long Pants:** Fleece or Polartec jacket and long pants are great to have for the mornings and evenings in camp. An extra set should be brought along for adding to the layering process if conditions on the river turn colder than usual.
5. **Gloves, socks & hats (hands, feet & head):** These items are small and easy to pack and can make a big difference when conditions turn cold. The best are made of fleece, Polartec, wool or neoprene. As an example, during the day you might wear neoprene or fleece socks under your river sandals or sneakers and neoprene or thin wool gloves (both inexpensive and widely available at sporting goods stores). Add a hat that is both warm and waterproof. Once in camp you change into dry socks, gloves and a stocking cap. In cold and wet conditions, you should never plan to wear anything in camp that you have worn on the river during the day.
6. **Shoes:** Bring an extra pair of tennis shoes or light hiking boots for camp.
7. **Dry Suit or Wet Suit:** We have a limited supply of wetsuits available and will provide them to those who wish to kayak when the weather is cold & wet. With good layering of synthetic fabrics, raingear and protection for the feet, hands and head, a wetsuit is often overkill (too warm) during spring and fall trips. Feel free to bring your own suit or to request one from us before your trip if you are overly sensitive to cold.

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8. **The River Travelers Catalogue** The catalogue that we sent you has mail order options for all your clothing needs. You can find more at www.rivertraveler.com.
9. When cold and wet conditions occur on a river trip, it is just as important to be mentally and physical proactive as it is to be prepared with adequate clothing. “Think Cold – Be Cold” – as the saying goes. When your body is cold it consumes massive amounts of calories to generate heat. This is a great excuse to have that second helping at meal times and take advantage of readily available snacks throughout the day. It is also important to stay hydrated, but you should avoid alcohol and caffeine, which hinder your body’s attempts to generate heat. Most importantly you need to stay active. Paddle hard, take a short hike at lunch or join in the sometimes-inane activities that your guides have designed and instigated to keep you moving and warm.

The information above is designed to prepare you for the worst-case scenario - don’t forget your swimsuit, sunglasses and sunscreen because it’s very often warm and beautiful during the spring and fall. We just want you to be as prepared as possible so that you can relax and thoroughly enjoy your river journey.

Please pay special attention to the regular packing information provided for your trip and feel free to call our office at anytime. We will be happy to discuss weather forecasts, river conditions or equipment and any clothing issues or questions you may have.

We do not cancel trips based solely on unfavorable weather forecasts. If you are concerned about weather conditions, please give us a call.

Warm Day	Slightly Chilly	Cool Day – Step 1	Cool Day – Step 2	Cold Day – Step 1	Cold Day – Step 2
Shorts and a light top or t-shirt with hat, sunglasses and sunscreen	Add a splash top over t-shirt or over light polypro top for slightly chilly days	Cover legs and top with light or med. poly pro. Okay with just shorts and a splash top if not too cold	Add splash top and splash pants over light or med poly pro. Also add neoprene or fleece socks/gloves/hat	Add thicker layer of fleece or polypro over first layer of light or med. polypro. Add socks/gloves/hat	Add splash top and splash pant over two layers of fleece and/or polypro. Add socks/gloves/hat

To order the items pictured above or similar clothing and equipment for all your rafting needs call Cascade Outfitters at **888-748-3717** or order online at www.rivertraveler.com.