

# WHITEWATER RAFTING

From our friends at **New Mexico River Adventures:**

One of the most common questions we receive at New Mexico River Adventures is, "What should I wear?" The best bet for staying comfortable in the cooler times on the river is to wear as much synthetic clothing as possible. During spring time and high runoff, we recommend that our guests wear a bathing suit under the provided wetsuit and splash gear. If you prefer to skip the wetsuit, capilene or polypropylene long underwear on top and bottom is the best bet along with fleece on the colder days. In the height of summer, swim trunks and a t-shirt or rash guard work really well. We do wear helmets on most of our trips and some people find that a baseball caps offer further sun protection underneath. One of the most important aspects of what to wear rafting is footwear. All of our guests are informed that flip flops are a no-no and we prefer if you wear aqua socks, any sandal with a heel strap or an old pair of tennis shoes.

We do offer hats, shirts, water, sunscreen and water shoes for sale if you have left any of these items at home. We look forward to seeing you! Most of our guests love to bring a waterproof camera along on the trip. Many brands come equipped with an elastic strap that can hook onto the top latch on your lifejacket, making it easy to access throughout the trip. We do not recommend bring non-waterproof cameras or phones on the river with you. New Mexico River Adventures has a private photographer that will snap your hilarious expressions as you come through the last rapid and are available for purchase once you are back at our headquarters.

# WHAT TO BRING

- Sunscreen
- Water bottle
- Sturdy shoes such as sandals with a heel strap, tennis shoes or aqua socks/water shoes

## **NO FLIP-FLOPS**

- Hat-We do wear helmets on most of our trips, but a baseball style works under the helmet
- Most people wear a t-shirt and shorts
- Change of clothes for after the trip
- If you get cold easily or your trip is in the spring, it is a good idea to bring long underwear and/or a fleece
- Any medication you may need
- A gratuity for your guide if you see fit
- A GREAT ATTITUDE AND BE READY TO HAVE SOME FUN!!

**\*If you are also backpacking with us at Wilderness Trek, bring these clothing articles in addition to what is required for backpacking, as these will get wet!\***