

# SUPER SUNNY DAYS

- SUN HAT
- SUNGLASSES
- SUN HOODY

- BATHING SUIT OR SPORTS BRA

- BOARD SHORTS

- SARONG

- SANDALS OR RIVER SHOES



- POWER TIARA (OPTIONAL)



- HAT WITH VISOR
- SUNGLASSES
- SYNTHETIC OR COTTON SHIRT

- BATHING SUIT OR SPORTS BRA

- BOARD SHORTS

- YOGA PANTS/TIGHTS

- SANDALS OR RIVER SHOES



# SORTA SUNNY DAYS

# SORTA RAINY DAYS

- RAIN HAT
- BEANIE
- RAIN JACKET/SHELL

- FLEECE PULLOVER

- BATHING SUIT OR SPORTS BRA

- RAIN PANTS

- FLEECE OR POLYPRO PANTS

- WOOL/FLEECE SOCKS

- OLD TENNIES



- BEANIE
- FLEECE PULLOVER
- SYNTHETIC SHIRT

- BATHING SUIT OR SPORTS BRA

- BOARD SHORTS

- FLEECE/POLYPRO PANTS/TIGHTS

- OLD TENNIES



# SORTA CLOUDY DAYS

## What to wear and what to bring for on the river

### NO COTTON

#### EVERY TRIP

- Sandals with heel strap (Chaco, Teva, Bedrock) or old running shoes. (NO FLIP FLOPS OR SLIP-ONS)
- Swimsuit or board shorts and sports bra (quick-drying)
- Lightweight synthetic tights or yoga pants
- Synthetic sun hoody or lightweight sun shirt
- Sunglasses with strap, (maybe not your best pair)
- Brimmed hat, (baseball-style or visors work well)

#### COLD OR MULTI-DAY TRIPS (in addition)

- Fleece or wool socks
- Mid-weight fleece or polypro pants or tights
- Midweight or heavyweight synthetic fleece pullover/top
- Waterproof rainshell and rainpants
- Wool or fleece beanie
- Rain hat