

How to Prepare for a Cloudsplitter Day Trip on the Hudson River

Clothing: Appropriate clothing choices will make your trip more comfortable and safer.

Warm Weather and Water (Summer Trips)

Footwear: Booties, water shoes, sneakers, light hikers, Teva's, or something with a good heel strap. **(Avoid) Crocks or Flip-Flops** We have a limited supply of Booties but you are always better off bringing your own footwear.

Clothing: Swim suits will work when the water is warm and it's predicted to be a warm day with plenty of sunshine. However, long sleeve layer type shirts and long underwear or tights will protect you from the sun and offer some abrasion protection from rocks if you take an unanticipated swim. I wear shorts over my tights. **(Avoid Cotton Clothing)**

Other: Hat, Sunscreen, Clip in Water Bottle, Glasses Strap

Spring or Fall Trips

Spring brings another element into play as air temperatures and cold water can compromise your safety. **(Avoid Cotton Clothing)**

Footwear: Synthetic or wool socks, booties, sneakers, or hiking boots.

Clothing: We have wetsuits and paddling jackets for cold weather trips. Under your wetsuits you should wear good quality synthetic or wool layers. The colder the weather the heavier the layers should be. **(Avoid Cotton Clothing)**

Suggested Food and Beverage Choices (Keep it Simple):

For paddle raft trips we have limited cold cooler space so that space will be prioritized for perishable foods/sandwiches. We suggest that you bring a water bottle that can be clipped onto a line or "D Ring" with a carabiner. You may select a beverage of your choice from our cooler but it may not be possible to keep it cold. Generally for Rowing Trips space is not an issue.