



## Cold Weather Trip Suggestions

Staying warm on shoulder season or cold weather trips is not as hard as it might seem. Some rivers have seasons that only allow for river trips in the spring and in the Pacific Northwest, cold weather is possible at any time. With proper preparation there is no reason for a little inclement weather to put a damper on your river trip.

### *Head, Hands & Feet*

Often overlooked, keeping the extremities warm goes a long way to making your trip enjoyable. Invest in a pair of neoprene gloves and neoprene socks (or request our neoprene booties) for wearing on the river. Have a warm, water-shedding hat or synthetic or wool beanie if your splash jacket has a hood. A separate hat and synthetic or wool socks for camp is a must. Hand warmers can feel really great in camp in jacket pockets but aren't great for on the river.

### *A Good Shell*

For cold-weather trips a windproof/waterproof outer layer is key. We supply NRS Endurance Splash Jackets and Pants on Owyhee River trips. Some of you have purchased the next level of splash gear. A good quality shell only works with proper layering.

### *Layering 101*

Start with a thin wicking layer next to your skin (tops and bottoms). Next a medium thickness top. Next a wetsuit (optional and not needed if you have good additional layers). Next a thicker fleece top and medium fleece bottom. Last a good quality shell. It's not a bad idea to have another medium layer (tops and bottoms) as a backup. Tip – I have an old rain jacket that I bring on cold trips and if needed, will slip it on over all my layers and splash jacket as an added layer of protection against the elements.

### *Camp clothes vs. River Clothes*

Assume that everything you wear on the river will be wet when you get to camp. You should be able to change into a completely separate set of camp clothes after reaching camp. A warm jacket, sneakers or light hikers, warm hat and socks.

## *Staying Warm at Night*

On cold trips we supply 0° sleeping bags. It's a good idea to bring a small fleece blanket to add a little extra comfort and warmth. Also plan on having comfy layers to sleep in to add warmth. These don't have to be synthetic. A thick pair of "sleeping socks" can feel really good. We don't require guests to share tents but having a tent buddy can help keep the tent warmer.

## *Using the Bathroom at Night*

Using the bathroom at night can be challenging on a cold trip. We follow leave no trace ethics and within the river corridor this means urinating in the river or in the wet sand next to the river. These camps are heavily used throughout the season and constant urination near tent sites can make camps unpleasant. We recognize leaving your tent at night and walking down to the river or to the "pee bucket" next to the Groover in the dark can be challenging. To avoid getting out of the tent, some guests bring a pee bottle (like a Gatorade bottle) and for women, some use a [Shewee](#) (right click to open in new tab) or something similar. These are emptied in the morning and can be rinsed and stored in zip locks in personal bags.

## *Wet River Gear*

Don't leave your damp river clothing hanging outside at night. Take it into your tent with you to keep it as warm and dry as possible. Tip – the best way to dry damp poly pro and fleece garments is to wear them around camp for a while before changing.

## *Keep Moving*

The more you move and the more energy you expend and the more heat you'll produce. Short hikes along the river bank when stopping, paddling and shifting positions helps keep you warm.

## *Staying Hydrated & Fueled*

Staying hydrated and consuming calories are important for staying warm. If you are staying active, burning calories and generating heat, you'll need stay fueled. We have snacks on hand but feel free to bring your favorite "energy snacks".