

General Wetsuit Information

A wetsuit keeps a thin layer of moisture trapped between it and your body. The suit material is made up of millions of air bubbles that provide insulation from the cold water. "Farmer john" style wetsuits, long-sleeved neoprene jackets, neoprene booties, and nylon splash jackets are available for rent at ACE.

Depending on weather conditions and water temperatures, it's important to pick the right wetsuit rental items. Wetsuits and booties are strongly recommended for spring New River trips and all fall Gauley trips. Each wetsuit is sanitized and heat-dried for your comfort.

On cold days, you must wear additional clothing along with the wetsuit to stay comfortable. Also, it's a good idea to wear a set of synthetic long underwear under your wetsuit and a pair of wool or acrylic or wool socks under your booties.

In really cold weather, add a pile or wool sweater, and extra pair of socks, a pair of wool or acrylic gloves and a ski cap.

All these cold weather items are available at our outfitters' store, ACE Mountain Sports. You can also bring them from home.

Our Advice for Cooler Conditions

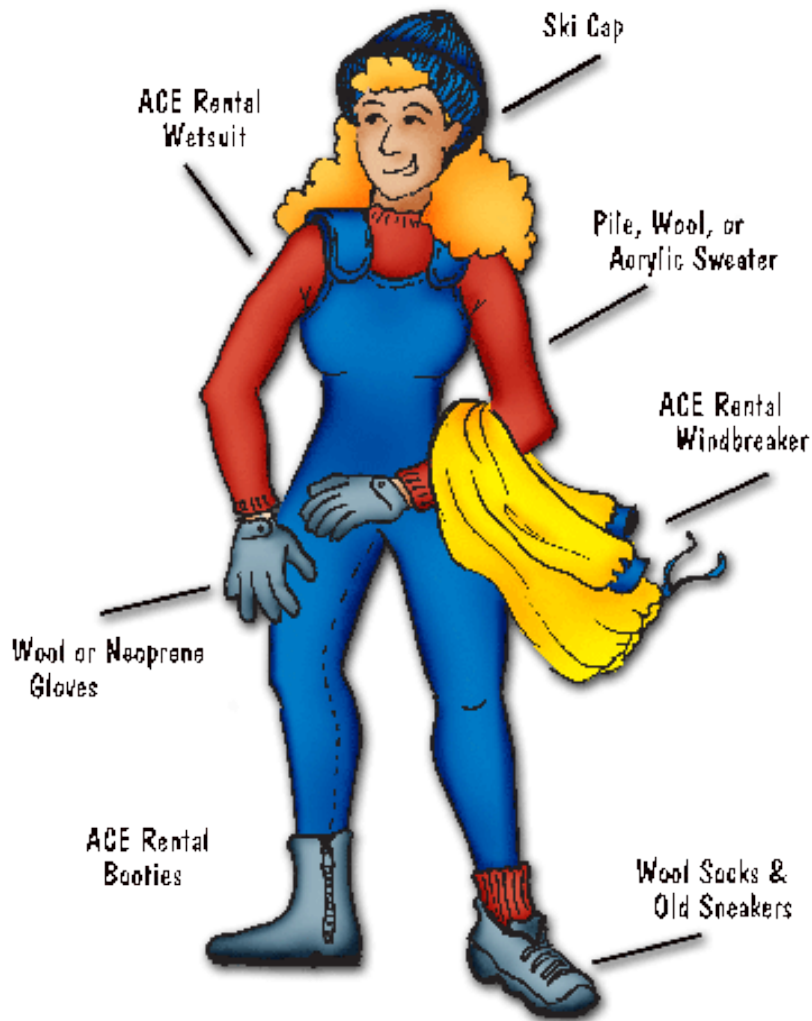
Do:

- Wear a Wetsuit and Booties!
- Wear Pile, Wool, Acrylic or PolyPro (synthetic) Sweater and Long Underwear (These will keep you warm, even when wet.)
- Bring a nylon windbreaker
- Wear Wool or Neoprene Gloves and Ski Cap
- Bring Sunglasses with Glasses Strap
- Bring a Towel and Dry Set of Clothes

Don't:

- Don't Wear Cotton! This material creates "evaporative heat loss." It wicks heat away from your body. It does not dry quickly.
- Don't bring your dry towel and clothes to trip Check-In. You need to leave them in your vehicle at the trip departure area, so they'll be waiting for you when you return from the river.
- Don't panic if you forget something! Stop by our outfitter's store when you arrive. We keep the basics on hand to make sure your springtime raft trip is the best ever.

The Well Dressed Rafter



Farmer John: Your wetsuit ensemble begins with this item. On those warm days on a cold river (like September on the Fall Gauley), this item, along with a nylon windbreaker, will keep you comfortable. Plus, it will give you the additional flotation and protection from rocks that any smart rafter demands. It's sleeveless for ease of motion, so on colder days you'll need to rent a long-sleeved jacket.

Neoprene Long-Sleeved Jacket: On really cool days, or if you're 'cold-natured' person, this jacket makes the difference. It adds sleeves to your Farmer John wetsuit, plus an extra layer of thick, warm neoprene. Even with all this rubber, it's still a good idea to wear a set of synthetic long underwear next to your skin.

Nylon Splash Jacket: This jacket is perfect for those days that are not cold enough for the neoprene jacket. The Splash Jacket's long sleeves and tight neoprene collar and cuffs protect you from splashing water and wind. This jacket also serves well if it rains. You can always remove it if the day turns out warmer than expected. Remember that you are responsible for all rental items, so keep track of any clothing you take off.

Neoprene Booties: Cold feet make for a miserable day. Even if the air temperature is warm, don't forget that the Fall Gauley water is quite chilly. Even the small amount of water in the bottom of a self-bailing raft can keep your feet soaked. Booties are a good idea any time you're rafting on cold water. Booties work best when combined with one or more pairs of wool or acrylic socks worn under the booties.

Reasons to Wear a Wetsuit

- ▮ **First**, and most important, they keep you WARM!
 - During fall Gauley season, the water flowing from the dam averages 50°f and fall air temperatures can fluctuate frequently.
 - Spring weather is unpredictable, and can change quickly.
- ▮ **Second**, they provide extra flotation.
 - Filled with millions of tiny insulating air pockets, wetsuits are naturally buoyant. In the even of a swim, they provide a little extra flotation to keep you closer to the water's surface.
- ▮ **Third**, they protect your body from rock abrasions.
 - The extra layer of a wetsuit can be a great buffer between you and the river rocks, should you encounter them.

How to Rent a Wetsuit

- ▮ Check in under the Big Top Tent.
 - Wetsuits can **only** be rented after you have checked in for your trip.
- ▮ Decide on which items to rent.
- ▮ Fill out the form you will be given at check-in.
- ▮ Decide how and where to pay for your rental.
 - You may use cash or a credit card to pay for your wetsuit rental. (If you would like to use a reservation credit to pay for wetsuits, you **must** pay in our outfitters store.)
 - During Fall Gauley Season, you may pay at the Wetsuit Rental Area, unless you are using a reservation credit to pay for your rental. All other times of year, you will pay in our outfitters store.
- ▮ Take the form to the Wetsuit Rental Area to obtain the items you are renting.
- ▮ **Returning your wetsuit:**
 - After your trip, please return your wetsuit and jacket **inside-out**.
 - Wetsuits must be returned within 30 minutes after your bus returns to base or you will be charged for another day's rental.

Size Chart

Weight	Size
90 - 105 lbs.	XS
100 - 120 lbs.	S
130 - 160 lbs.	M
140 - 170 lbs.	ML
160 - 190 lbs.	L
190 - 205 lbs.	XL
205 - 215 lbs.	XXL
215 - 230 lbs.	XXXL
230 + lbs.	XXXXL



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