

Clothing

This resource can help with the following areas:

- Stage 1: I know the correct clothing to wear when sailing
- Stage 2: I know why I should wear suitable footwear
- Stage 3: I know why wearing layers of clothing is a good idea
- Stage 4: I can explain why wearing the correct outerwear is important

Even during the warmest days of summer, it will feel colder when on the water, so be prepared. When going on water activities dress using layers. If you find yourself too warm, you can always take off a layer. Whatever you wear, expect to get wet. If you don't then that's a bonus. Always take a complete change of clothing for when you return to shore. Remember the "wind chill" factor . . . when you are directly exposed to the wind you will always feel colder. The wind chill effect increases many times if you get wet. Being ill prepared takes away from enjoying your water activities but even worse can lead to hypothermia.

Basic personal clothing to wear

- Swimming costume/togs
- T-Shirt
- Shorts
- Trainers/runners (good grip) and socks
- Sweatshirt or Jumper
- Socks
- Gloves
- Tracksuit bottoms
- Waterproof coat & trousers
- Hat



Personal equipment to bring

- Complete change of clothes
- Towel
- Coat
- Warm drink

Additional personal clothing:

- A wetsuit – a wetsuit works by trapping a thin layer of water between the synthetic neoprene material and your skin. This water then heats up with your body, giving you a layer of insulation that helps to keep you warm. A wetsuit must fit tight to be effective.
- Boots - you can get special neoprene booties. Neoprene keeps your feet warm like a wetsuit. They also give you extra grip under foot. An additional layer such as socks inside the booties helps to keep in the heat.
- Cagoule – A cag is a waterproof outer layer that reduces heat loss due to wind chill. This is especially true if we capsize and get wet. A cag also keeps out rain water and surf, another cause of heat-loss.
- Dry suit - this is made from a waterproof material, which has seals at the neck and wrists so that no water can get in. A dry suit is very useful in cold weather or if we want to get into the water but not get wet.

**Safety equipment to wear**

PFD - A personal flotation device is either a buoyancy aid or lifejacket.