

Spring & Autumn

Touring & Exploring

Quick dry base layer, gym top, sport shorts or leggings
 2mm neoprene trousers & top, light weight waterproof jacket
 Coiled leash, buoyancy aid, wetsuit boots or dry socks/shoes, hat



Racing & Training

Quick dry base layer, gym top, sport shorts or leggings
 Thermal layers, neoprene long john & top
 In colder conditions tight fitting windproof
 3 or 6mm boots, coiled leash, hydration pack



Surfing

3/2 or 5/4mm full length wetsuit
 3 or 6mm boots, straight leash



Top Tip

Keeping the wind off you is key to stay warm; therefore, going for a light weight, fitted wind proof is ideal. Consider carrying a dry bag to carry extra layers or if you get too warm, somewhere to store them. Overall, you want light weight clothing that will keep you cool when paddling but will also quickly dry if you take a dip.