

# Winter

# What to wear

## Touring & Exploring

Thermal layers, waterproof jacket and dry trousers

Dry suit in colder conditions, gloves & hat

Coiled leash, buoyancy aid, 6mm wetsuit boots or dry socks/shoes

## Racing & Training

Thermal layers, neoprene long john & top

In colder conditions tight fitting windproof

Palmless mitts, windproof gloves, 6mm boots

Coiled leash, hydration pack

## Surfing

5/4 mm full length wetsuit with hood

6mm boots, mitts, straight leash

## Top Tip

If you know you're getting wet then neoprene or dry suits work well. If you're not planning on going in then quick, drying, insulating and breathable gear works better. Taking a dry bag to carry a few extra layers will help if you do take a dip on a tour.

