

Summer

What to wear

Touring & Exploring

Quick dry base layer, gym top or t-shirt, sport shorts, leggings

If it is cooler or windy an extra layer or windproof

2mm neoprene trousers & top, wetsuit shorty

Neoprene shoes/boots, water trainers, sandals

Buoyancy aid, coiled leash, hat, sun screen



Racing & Training

Quick dry, close fit base layer & leggings

2mm neoprene trousers & top, bare feet

Coiled leash (Buoyancy Aid if required), Hydration pack



Surfing

Full wetsuit 3/2 mm, wetsuit shorty, neoprene trousers & top

Bare feet, straight leash



Top Tip

Light weight clothing that will keep you cool when paddling but also quick drying if you take a dip.

In the surf you will be in the water most of the time so something warm but flexible is key.