

Sunny weather



T-shirt

Layers of light clothing which can be easily removed as you warm up and protect you from the sun.

Shorts



All in one



Sunglasses

To reduce glare from the water

Sun cream

For sun protection



Water bottle

A water bottle is a must. Dehydration will impair your performance and can lead to heat exhaustion



Cap



T-shirt

Layers of light clothing which can be removed or replaced as you heat up and cool down

Tech top

A thin technical top which can wick moisture away from your body



Leggings

Body warmer



Splash top

A light windproof/waterproof top to reduce heat loss and the wind chill factor



Hat

To reduce heat loss

Long socks



Water bottle

Cold weather



Clothing and weather conditions

The principle of having close fitting garments which allow easy movement is important, as this avoids the oar or sculls getting caught which could lead to a capsized.

Normal conditions

It is important to know what you should wear in differing weather conditions. If, for instance, the conditions are normal, then wearing close fitting garments that are of a stretchy material should suffice, as they generally won't restrict your movements.

What not to wear

- ✗ Loose fitting clothes that could catch your oars or get stuck in your slide.
- ✗ Bulky fleeces and quilted tops that can absorb water and become very heavy when wet.
- ✗ Clothes that restrict your movement when rowing like denim jeans or tops.
- ✗ Everyday, non-sporting clothes.

Wellington boots deserve a special mention. Wellingtons, which cannot be easily removed or kicked off without using hands, should never be worn in the boat. They present a real danger if you end up in the water.



Be a 'weather watcher' – be prepared for changes and dress for the conditions...