

Personal Gear For Boating

General

The following is a list of gear you should bring each time you go boating. It is both for your own comfort and also your personal safety. You will not need to use all of the following each time you go out, but you need to make sure you have it with you. The weather can change very quickly, and what you see at home may not be what the weather is like on the water.

Personal gear to be taken boating every time

Windproof Jacket:

- If you are wet, the wind can chill you very quickly resulting in hypothermia.

Woollen Jumper:

- Keeps you warm even if you are soaked as it traps your body heat. Most useful if you capsize in cold water.

Woollen Hat:

- Most of your body heat is lost through your head. A woollen hat will help to prevent this.

Sunhat:

- Stops sunburn, sunstroke and sore eyes in bright weather.

Sun cream:

- Stops you from getting sunburnt. The water reflects the sunlight so you end up with a lot more ultra violet sunrays than on land, this can lead to getting sunburnt far easier and more severely.

A Complete Change Of Clothes:

- If you fall into the water or your boat capsizes it is good to get dry. Also people won't be keen on giving you a lift in their car if you are wet through. Will get you warm again after a cold days boating.

Towel:

- Great inventions for getting you dry if you are wet.

Lunch, Food:

- Just one of those things, occasionally you get hungry.

Drink:

- Rowing can be thirsty work, it is important to keep your body fluids up so as not to become dehydrated. A warm drink in winter is often a welcome relief. Soup is great in winter, it can act as a combined lunch and it doesn't get soggy like sandwiches floating around in the bottom of the boat.

Footwear:

- An old pair of sandshoes or sandals is recommended. The footwear is to protect your feet, depending on where we go boating you can encounter sharp rocks, broken shells (especially oysters) and broken bottles or discarded metal objects etc. Woollen socks will keep your feet warm.

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Personal Gear For Boating, Continued

Optional personal gear

Boatshoes, Wetsuit boots:

- A comfort item that keeps the feet warm and stops cuts from broken shells.

Wetsuit:

- If you have one you might as well wear it. Uncomfortable to wear for rowing. A wetsuit can be very hot to wear in the summer.

Sunglasses

- Protects your eyes from the sunlight.

Small towel, hand towel:

- To wrap around your neck and tuck inside your collar. This is a good technique when sailing, in particular in winter, to stop cold water running down your back.
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Gear NOT to be worn when out boating

Jeans:

- If you capsize, wearing jeans can be dangerous. They get very heavy and can pull you down. If they get wet they take along time to dry and do not protect you from the cold. You will NOT be allowed out in the boats if you are wearing jeans.
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Helpful hint:

Wear Several Thin Layers Of Clothing:

- Similar to when skiing. It is much easier to adjust your body heat if you have several thin layers of clothing that can be added or removed as needed, rather than wearing just one or two thicker clothing items.
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You will be supplied with

Lifejacket:

- Stops you from sinking if you fall out of the boat or capsize.

Boat:

- A very useful item to have when going boating.
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