

# What to wear when rowing

In general, layers are advisable so adjustments can be made when rowing in chilly weather or variable weather conditions. Also, how prone you are to feeling the cold.

## Feet

Due to the need to wade into the sea to launch the skiff **your feet will get wet** so bring a dry change of footwear for after your row.

**Options:** Wet suit boots (neoprene 4mm+ the thicker they are the warmer they will be)

**Trident:** [www.tridentuk.com/gb/clothing/sailing-footwear.html](http://www.tridentuk.com/gb/clothing/sailing-footwear.html)

(Trident discount available to DSRC members)

Dundee-based [Splashsports Services](#) also stock a range of gear - visit them at Market Mews, Dundee DD1 3LA, phone: 01382 452828



Please avoid wearing shoes/boots with a deep tread as stones, grit etc can cause damage to the inside of the skiff

## Legs

**Your legs will get wet** – depending on the height of the waves and swell when launching and retrieving the skiff.

**Options:** Launch trousers or neoprene trousers. With some launch trousers you can purchase a jacket.

**Trident:** [www.tridentuk.com/gb/clothing/hifits-waterproof-trousers.html](http://www.tridentuk.com/gb/clothing/hifits-waterproof-trousers.html)

(Trident discount available to DSRC members) (Use DD24 as the discount code)

Shorts (in summer/warm weather)



## Body & Arms

**Options:** Long /short sleeved t-shirt additional warm layers (fleece or thermal) e.g. gilet, lightweight waterproof jacket



## Head & Hands

Gloves – cycling or kayaking/sailing type.

 Warm hat for chilly days

 Sunglasses and sunscreen for summertime



## Lifejacket

These are available from local supplier Davie Anderson - discount for club members

**Davie Anderson:** [www.davidandersonmarine.co.uk](http://www.davidandersonmarine.co.uk)



## Other useful items

Water/drink bottle (for longer rows, particularly during warm weather)

Flask with hot drink

Dry bag

