



## Boating - Clothing

Summer or winter, wet or fine, you will come across a range of weather and hence you need to come properly prepared for your boating activity. Wearing inappropriate clothing will not only reduce the enjoyment factor of the activity for you, it can put your health and wellbeing in danger. More importantly, if you need looking after, you are then putting others at risk.

Boating is a fun activity. Just because it is wet, there are high winds or heavy rain does not mean that boating will not be fun, in fact it can be some of the most exhilarating boating you will ever do – but only if you are dressed appropriately so that you can enjoy the experience.

Remember

*There is nothing, absolutely nothing  
Half so much worth doing  
As simply messing about in boats*

You are required to bring the following with you each time you go boating. You may not require all of the following each time you go out, but you must be prepared for any changes in the weather.

### **Wear the following:**

Wet suit boots / Boat shoes / sneakers for in the water (they will get wet)

Socks

Underwear - Poly pro (thermal) underwear is highly recommended

Shorts or Track pants

Over trousers – windproof (optional)

Singlet

T-Shirt or Polo shirt

Bush shirt or thick warm shirt (long sleeved)

Woolen Jumper (your blue Scout jumper) or a polar fleece

Parker / Windbreaker – windproof

Gloves or mittens

Sun hat – for use in fine weather

Woolen hat or balaclava

Sunglasses (with safety strap – optional)

Lip balm

Sun block

Wet suit (recommended for sailing in winter – optional)

**Warmth:** select warm garments made of wool, polypropylene or polyesters.

**Layering:** two light weight layers of clothing are warmer and more versatile than one thick layer.

**Comfort:** select clothes that are light weight and quick drying.

### **Other items:**

Lunch

Water bottle

Thermos with hot drink or soup (recommended in winter)

Pocket knife (sharp – optional)

Towel and a complete change of clothes (so you can get dry at the end of the day)

Plastic Bags – to put your wet gear into

Personal medication (make sure your leaders know what medication you are on)

Personal First Aid kit (including a survival blanket)

Parents or guardians contact details

Dry Bag or plastic bag to take food or extra clothes into boat.

The more often you go boating the more gear you will accrue and find what works best for you.