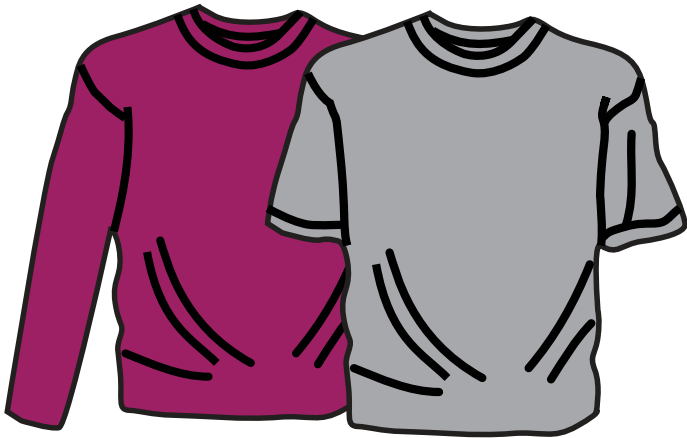


ROWING basics

for cold weather



MOISTURE WICKING SHIRT(S)

a good workout on the water will make you sweat. You need clothing that wicks away any moisture to keep your body dry.



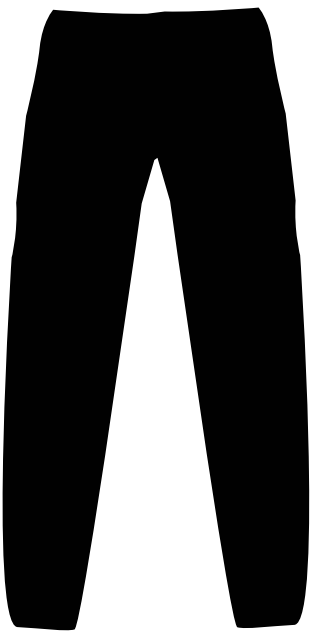
FLEECE PULLOVER or SWEAT SHIRT

wear over a moisture wicking shirt will help keep you warm on the water.



WATERPROOF SOCKS thankfully this product exists. You can find them from many different manufacturers on the internet.

Wear over a pair of **WOOL SOCKS**



MOISTURE WICKING TIGHTS

a pair of spandex pants are great. If you need more wear a pair of sweatpants over these.



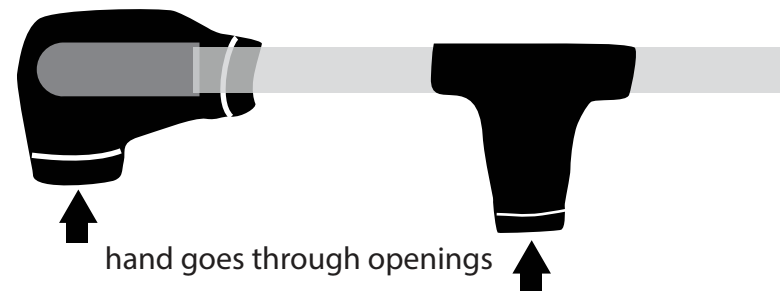
VEST

a good alternative to a jacket or outer-shell and provides extra warmth to your core.



OUTER SHELL JACKET

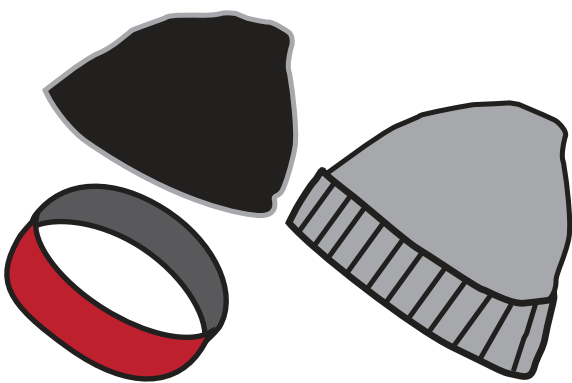
an outer shell can be very helpful on days where there is a change of weather.



hand goes through openings

POGIES

are great for keeping your hands warm while you row.



CAP/HAT or HEADBAND

it is important to wear anyone of these to keep your head and ears warm. It is preferable to have something that will not fly off when you are out on a windy day.



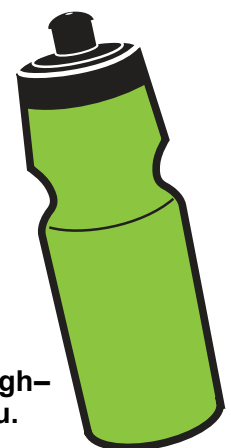
SUNSCREEN

always use. Just because it is cold out don't think the sun's rays are weak.



SUNGLASSES

protect your eyes from glare and wind.



WATER

it can never be said enough—always bring it with you.



IMPORTANT: Most rowing clubs have a temperature rule for safety reasons. It is not advisable for smaller boats, singles and doubles, to go out when the air temperature is below 40°F (4°C) and/or water temperature below 50°F (10°C). If you go out you should have a launch within 100 yards of all shells.

NOTE: Most items can be found at your local bike or ski shop. Other items can be found by doing a search on the internet. You will want to layer your clothing. If you get to warm you can start removing layers until you are comfortable.

Join your local Rowing Club!