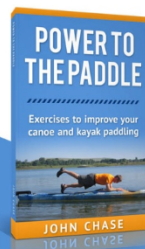


# Dressing for Paddling

John Chase



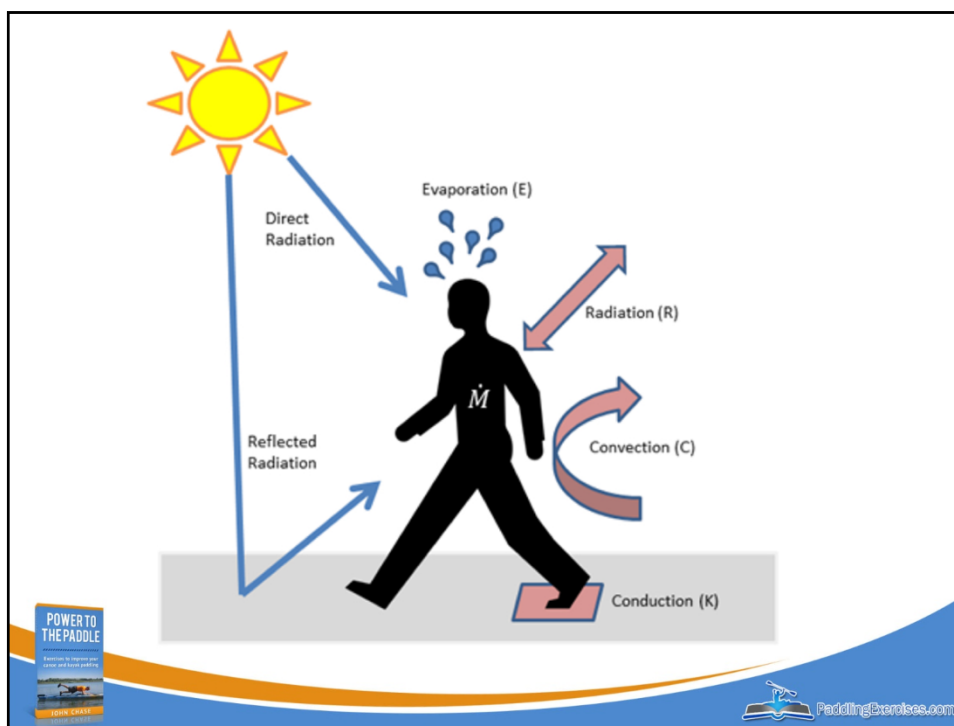
PaddlingExercises.com

## Today's agenda

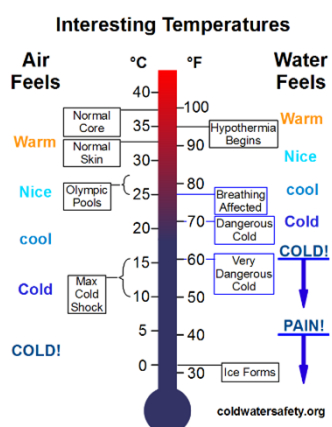
- The environment
- Layer up
- Outerwear
- Footwear
- Accessorize!



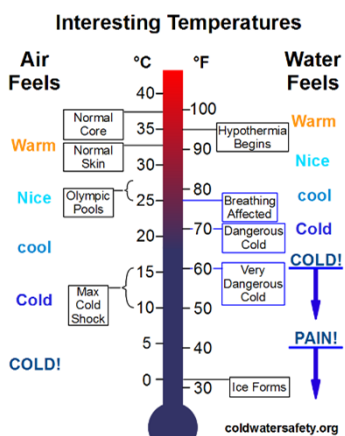
PaddlingExercises.com



## What is considered cold water?



## Cold Water Shock

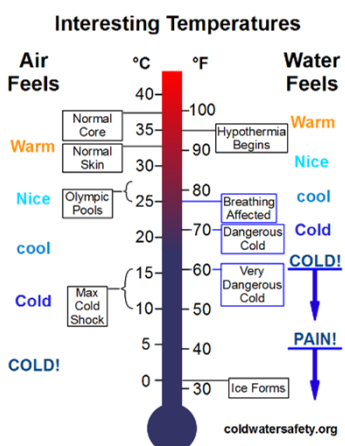


- "The sudden lowering of skin temperature on immersion in cold water represents one of the most profound stimuli that the body can encounter."

- Golden and Tipton in *Essentials of Sea Survival*



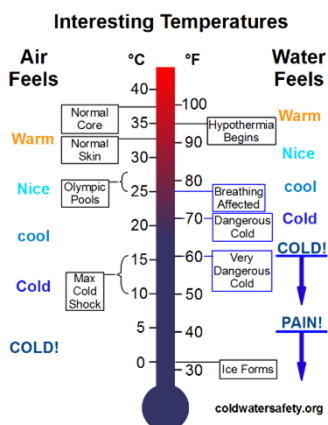
## Cold Water Shock



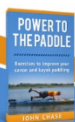
- Loss of breathing control
- Heart and blood pressure problems
- Mental incapacity



## Cold water Safety



- Always wear your PFD
- Always dress for the water temperature
- Field-test your gear
- Swim-test your gear
- Imagine the worst and plan for it



But what about the Rule of 120?



## Layer up!



- Base layer
- Insulating layer
- Protective layer



## Base layer

- Next to skin
- No cotton
- Draw moisture away
- Different weights
- Seam free



## Synthetic base layer



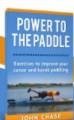
- Lightweight
- Excellent wicking
- Durable
- Can trap odor



## Synthetic base layer



- Lightweight
- Excellent wicking
- Durable
- Can trap odor
- May offer sun protection



## Insulating layer

- Synthetic
- Fleece
- Wool



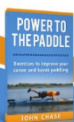
## It's not your grandfather's wool



## It's not your grandfather's wool



- Insulates well
- Lightweight
- Wicks moisture away
- Durable
- No stank



## The sharp dressed paddler



- Wetsuit
  - Designed to keep you wet
  - Body warms trapped water
  - Insulating
  - Varying weights
  - Not breathable





## The sharp dressed paddler



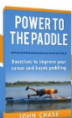
- Wet suit
  - Designed to keep you wet
  - Body warms trapped water
  - Insulating
  - Varying weights
  - Not breathable



## The sharp dressed paddler



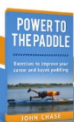
- Splashwear
  - Wind layer
  - Keeps water off
  - Will allow water in
  - Works well with other protective layers



## The sharp dressed paddler



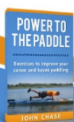
- Dry suit
  - Cold water protection
  - Breathable
  - Waterproof zippers
  - Not insulating
  - Expensive



## The sharp dressed paddler



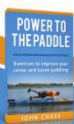
- Dry suit
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## The sharp dressed paddler



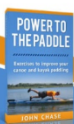
- Dry suit
  - Cold water protection
  - Breathable
  - Waterproof zippers
  - Not insulating
  - Expensive



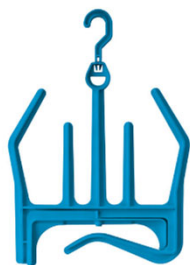
## The sharp dressed paddler



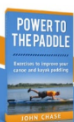
- Dry top/pants
  - Cold water protection only if you stay in the boat
  - Can be more comfortable
  - Not insulating
  - Less expensive than full suit



## Care and feeding of cold weather gear



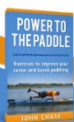
- Hang dry immediately
- Wash thoroughly if in salt water
- Stored indoor; mostly zipped
- Lube zippers
- 303 gaskets



## Care and feeding of cold weather gear



- Hang dry immediately
- Wash thoroughly if in salt water
- Stored indoor; mostly zipped
- Lube zippers
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## Care and feeding of cold weather gear



- Hang dry immediately
- Wash thoroughly if in salt water
- Stored indoor; mostly zipped
- Lube zippers
- 303 gaskets



## Footwear

- Booties
  - Neoprene
  - Rubber soles
  - Often lined
  - Conforms to fit in your boat

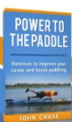


## Footwear



## Footwear

- Astral Brewer 2.0
  - Mesh
  - Drains water
  - Sticky outsole
  - Hard sole
  - Has soul



## Footwear

- NRS Boundary Boots
  - Mucky portages
  - Shin protection
  - Hard sole
  - Top buckle to restrict water



## Accessorize!

- Sunscreen



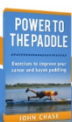
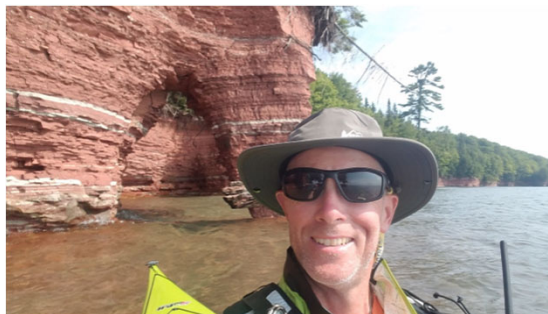
## Accessorize!

- Sunscreen
- Hat



## Accessorize!

- Sunscreen
- Hat





## Accessorize!

- Sunscreen
- Hat
- Gloves



## Accessorize!

- Sunscreen
- Hat
- Gloves
- Mitts

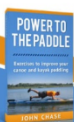


## Accessorize!

- Sunscreen
- Hat
- Gloves
- Mitts
- Pogies



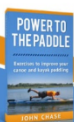
## Hardcore winter



## Prairie State Canoeists



- Virtual learning sessions
- On-water safety and skills programs
- Day and regional trips



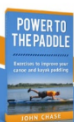
[www.prairiestatecanoeists.org](http://www.prairiestatecanoeists.org)



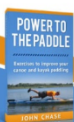
## Join me at Canoeecopia



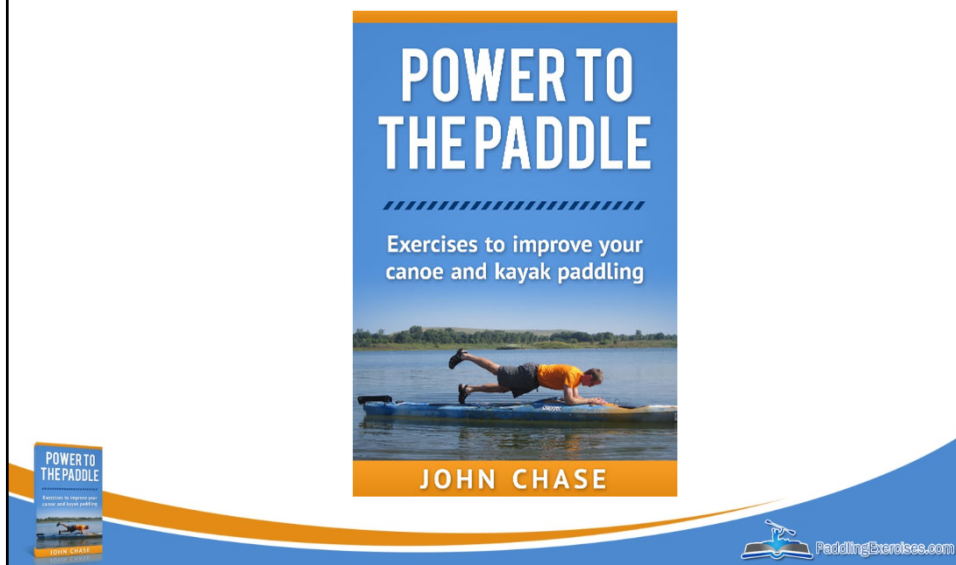
- 12-Mar 1:00pm Perfectly Pack your Kayak for a Multi-Day Trip
- 13-Mar 12:00pm 5 Things I Wish Someone Told Me When I Started Kayaking
- 13-Mar 2:00pm Group Leadership for Amazing Day Trips
- 13-Mar 4:00pm Power to the Paddle: Exercises to Improve Your Paddling



[www.paddlingexercises.com/psc](http://www.paddlingexercises.com/psc)



## PaddlingExercises.com



## Paddlingtheblue.com

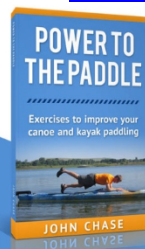


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[www.paddlingexercises.com](http://www.paddlingexercises.com)

[www.paddlingtheblue.com](http://www.paddlingtheblue.com)



PaddlingExercises.com