

# CLOTHING FOR **KAYAKING?**



## **COMMON SENSE**

## H20 TEMP

## VISIBILITY

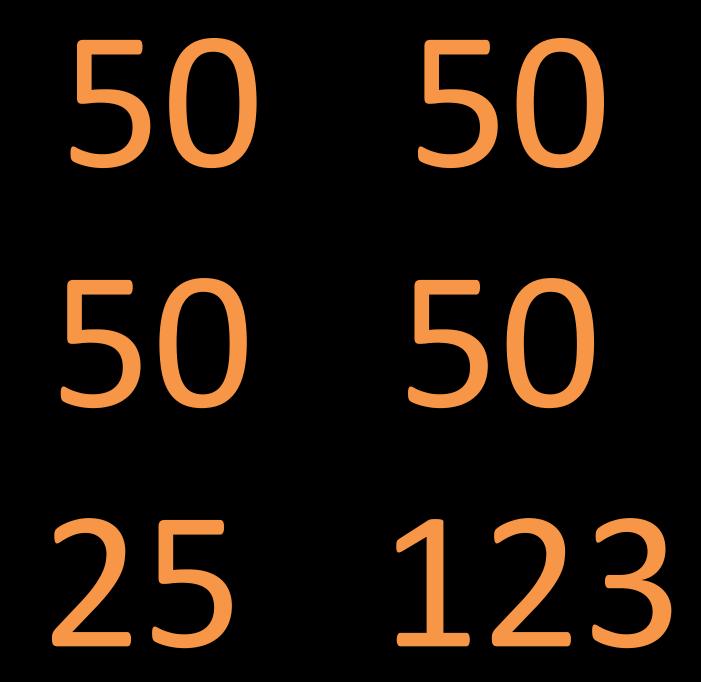
## COMFORT SWIM YOUR

## GEAR

## TO PROTECT YOURSELF



#### WATER TEMPERATURE



In 50 degree water the average adult . . .

Has a 50/50 chance of surviving;

A 50 yard swim!

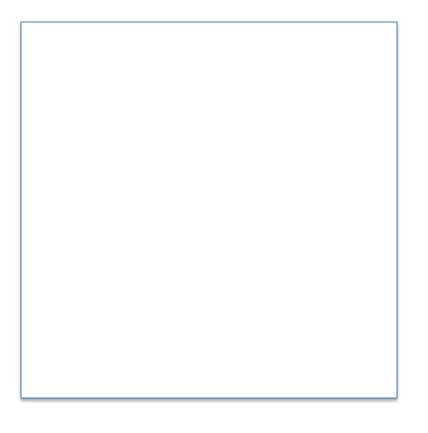
Your body loses its heat 25 times faster in water than in air! In 50 degree water you will be totally exhausted in 1 hour and;

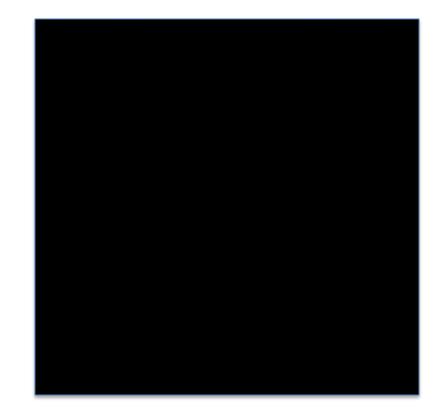
> Only survive 2 – 3 hours.

#### AIR TEMPERATURE

### HYDRATE! HYDRATE! HYDRATE!

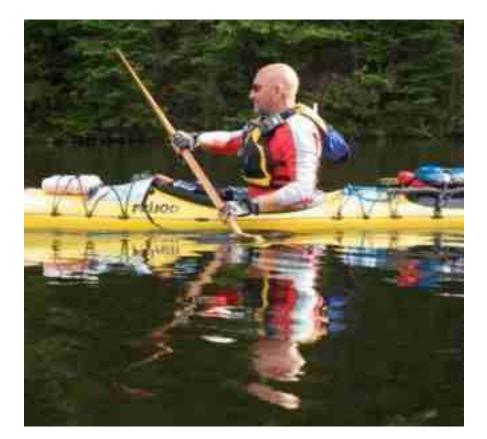






#### VISIBILITY ?

## BRIGHT, COLORFUL, REFLECTIVE.





#### COMFORT

## Aahhh . . or Ouch?

## SWIM YOUR GEAR

#### SO NOW . . . WHAT TO WEAR?

