

# Clothing to Keep You Warm

Wearing clothes that don't over heat your body while you are sailing but still keep you warm while you wait around for the next race will not only stop you from getting sick, it will help you stay focused so you can sail at peak performance all day long.

Three layers of the right stuff on your upper body will make all the difference.

## **(1) Base Layer**

You will learn to love a thermal top. Rashies don't work here as they just get wet with sweat and make you even colder. Thermals don't have to be fancy; Kathmandu, Damart or most department stores stock good quality, long sleeve thermals. Heat will move away from your body while you are sailing, but when you stop the thermal will retain enough heat to keep you snug. Dark colours are warmer than white but if you buy one of each you can pick the level of warmth you need on the day.

## **(2) Mid Layer**

A mid layer that can be a rash top will help to insulate your base layer and keep your body warmth in. On really cold days I find a thin Polar Fleece top is fantastic! It keeps the cold air outside next to my spray top and the warm air next to my thermal.

## **(3) Outer Layer**

For the outer layer you need a good quality spray top. Cheap spray tops often become saturated and only make things worse. Look for the smock type, with straps around the wrists and neck to keep the spray out. The more waterproof the top is the dryer you can stay inside and the warmer you will be.

## **Keep your Brain Warm!**

Our brain is the most important part of our sailor's body so you should make sure you have a tight fitting beanie for your head.

## **Wash it!**

Make sure you always wash your gear after sailing, because if you have salt on your gear it will attract moisture and only make you colder. Throw it in the washing machine with a little "soft wash" liquid, like cuddly, and set it for delicate. This will remove all the salt.

It will smell better too!

**Rob Brewer**