

HULL LIFESAVING MUSEUM

# South Shore Youth Rowing

## Fall Clothing Checklist

*(These items should accompany every rower to practice.)*

**APPROPRIATE CLOTHING IS A SAFETY ISSUE.**

**INAPPROPRIATELY DRESSED ROWERS WILL NOT BE ALLOWED ON THE WATER.**

- Warm Hat (no one will go on the water with a bare head!)
- Wool or Polypro Socks on your feet (and a spare pair in your pack);  
**NO COTTON SOCKS!!!**
- Gloves or mittens (for warmth, not hand protection)
- Neck warmer or Scarf
- Baseball Cap
- Sweater, Fleece, or Sweatshirt
- Windproof Jacket (Some rowers like wind-pants, too.)
- Waterproof Boots, ideally knee height.
- Sneakers may be worn until Columbus Day, after which boots are required gear.**  
**SANDALS MAY NEVER BE WORN.**
- Water Bottle

**Double Checking Questions:**

- \_\_\_\_\_ Are you prepared to be outside for several hours in cold and cooling temperatures, perhaps in the wind and rain?
- \_\_\_\_\_ How many layers are you wearing under your jacket? If the answer is one, have your pack supplied to add at least two more.
- \_\_\_\_\_ If your feet or hands get wet, do you have back-up clothing with you? You should.
- \_\_\_\_\_ Do you have snacks and water to keep you content? (Remember, cool weather makes you hungry, and you have friends who will eat your food.) **PARENTS!!! Please pack water and snacks for motivation.**
- \_\_\_\_\_ Are you wearing any clothing you care about? DON'T!!! You will definitely get funky.