

Hull Lifesaving Museum South Shore Youth Rowing **Essential Winter Rowing Clothing Information**

The Basics Of Dressing For Winter Aerobic Activity

Since winter Harbor air is cool, cold, or Arctic, and your body temperature will be rapidly rising while exercising, dressing in layers of appropriate material is essential to enjoying and benefiting from outdoor winter athletics. *Do not put cotton or silk next to your skin when sweating in cold air*; these fibers hold moisture and will cause you to chill rapidly. Wool on your feet is essential, and polypro or other wicking fabric next to the rest of your skin is ideal. Your body wants a light first layer, one or two heavier layers, and a wind-breaking outer layer.

Please come rowing with waterproof boots, ski-pants or the equivalent, a warm, wind-proof jacket, and a warm hat and gloves or mittens. **NO ONE WILL BE ALLOWED TO PARTICIPATE IN SOUTH SHORE YOUTH ROWING INAPPROPRIATELY DRESSED.** Clothes should be loose fitting, in order to allow your body's warmth to circulate and form an insulating layer. Wool is a great defense against cold. Among its other virtues, it is the only natural material that retains heat when wet, so it is great for gloves, socks, and hats.

Compulsory (Non-Negotiable!) Cold-Weather Rowing Gear:

- A warm hat or stocking cap
- Neckwarmer or scarf
- Warm jacket and a minimum of 3 appropriate layers beneath
- Warm gloves or mittens
- Ski-type pants as over wear
- Waterproof boots (no sneakers allowed)

FOOD!

Fuel is essential to your happiness during the winter rowing season. NEVER COME TO ROWING WITHOUT HAVING EATEN A GOOD LUNCH AND WITHOUT EXTRA WATER AND SNACKS.

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