

## Sea Kayak Clothing and Minimum Equipment List

Sea Kayaking in Scotland is an activity that requires protection from cold water immersion all year round as well as other weather related factors including rain and wind chill (we can experience all four seasons in a day when out on the water in Scotland).

The sea temperature around the UK has latency between air temp and sea temp. Quite often the sea generally does not heat up before July or cool down before November. A sunny warm day in May can be misleading as the water temperature can still be as cold as it was in December). When not suitably protected by appropriate clothing, cold water immersion can lead to Cold Water Shock, hypothermia and, in the worst case, death. With this in mind, there is a minimum level of clothing and equipment that should be considered before taking part in any sea kayaking activity at the Club. Note: This is not intended as a guide for what equipment to take on a day paddle which will include many extras.

### Minimum essential clothing for club evening paddles (within the vicinity of the clubhouse)

- **Warm thermal leggings and base layer with fleece**
- **Wellies/ old trainers or wet shoes/boots** perhaps with socks (for cold water protection and prevention of cuts to feet)
- **Cag/wind or waterproof top** (for protection against wind chill)
- **Waterproof over-trousers** (walking over-trousers)
- **Buoyancy aid** (for floatation and to provide a layer of insulation against cold water and wind)
- **Gloves** (for insulation against cold water and wind chill)
- **Hat/neoprene hood** (for insulation against cold water and wind chill)

### Ideal clothing for beginner sea kayakers (for local journeys)

- **Wetsuit** (full length) 3mm or 5mm (for cold water protection)
- **Wet shoes/boots** perhaps with socks (for cold water protection and prevention of cuts to feet)
- **Cag/wind or waterproof top** (for protection against wind chill)
- **Buoyancy aid** (for floatation and to provide a layer of insulation against cold water and wind)
- **Gloves** (for insulation against cold water and wind chill)
- **Hat/neoprene hood** (for insulation against cold water and wind chill)

### Ideal clothing (for longer trips and committed paddling)

- **Drysuit, or two piece dry cag and trousers** (keeps you dry from sea water and protects against wind chill)
- **Under drysuit fleece and socks** (thermal base layers for beneath drysuit)
- **Wet shoes/boots with socks** (for cold water protection and prevention of cuts to feet)
- **Buoyancy aid** (for floatation and layer of insulation against cold water and wind)

- **Gloves** (for insulation against cold water and wind chill)
- **Hat/neoprene hood** (for insulation against cold water and wind chill)

### **Other Essential Kit**

- Change of Clothing and extra warm layers
- Towel
- Water bottle
- Sun block
- Sunglasses
- High energy snacks

### **Do Not**

- Wear glasses or sunglasses without a head band
- Put mobile phones or car keys in clothing pockets or buoyancy aid pockets
- Wear jeans or cotton hoodies - they are very cold and heavy when wet
- Take a camera on the water unless waterproof

### **Optional Personal Equipment**

- **Sea Kayak** (planned to be made available on loan by club)
- **Paddle** (planned to be made available on loan by club)
- **Spray Deck** (planned to be made available on loan by club)
- **Buoyancy Aid** (planned to be made available on loan by club, but may be better with own one to fit)
- **Bilge pump** (to pump out water from kayak cockpits)
- **Paddle float** (to aid with self rescues)
- **Small dry bag or waterproof container** (for car keys and other personal items)
- **Dry bag to store wet gear in** (saves car getting wet)
- **Dry bag to store phone in** (phone is one method of summoning help)
- **Tethers/leashes for hats and other equipment** (saves them blowing off in wind drifting away in water)

## **EQUIPMENT ADVICE**

**What wetsuits do** - Wetsuits are designed to allow water to flood into the layer between the suit and your skin. The fit should be a snug one as you don't want too much air gap room between you and your wetsuit. After experiencing the initial cold feeling of the water entering your wetsuit, it will soon heat up to your body temperature and will act in conjunction with the 3mm or 5mm of neoprene material to keep you insulated from the outside cold water environment. Wetsuits are relatively cheap, but it should be noted that you can get cold quite quickly unless you are actively paddling or moving whilst wearing one. Initial immersion shock is still there until the layer of water between you and your wetsuit heats up. Cags or windproof tops provide further protection/insulation against being cooled down from the wind/weather.

**What Drysuits do** - Drysuits are designed to keep you dry. They typically have latex or neoprene seals around the neck and wrists, along with stitched or latex feet. They have waterproof zips to allow access, are designed to be water tight, and are sometimes made from breathable fabric. They provide a great deal of protection from wind chill. However they are also just 'shell' layers meaning that you have to wear other clothing underneath them to match the environment you will be in. This means that you can typically wear anything you like under them (from your normal clothing range, but it is recommended that you wear warm under layers like fleece trousers and a fleece top for warmth and insulation. They are relatively expensive items compared to wetsuits, and can also take a bit of getting used to putting them on and taking them off. You will, however, achieve best comfort wearing a drysuit while paddling in Scotland.

## Kayaking Gear Suppliers

The following is a (by no means comprehensive) list of kayak clothing and equipment suppliers and links to the relevant equipment/clothing sections -

### Wetsuit suppliers

Lomo (<http://www.ewetsuits.com/acatalog/wetsuits-1.html>)

Typhoon ([https://www.typhoon-int.co.uk/products/surface/surface\\_wetsuits/](https://www.typhoon-int.co.uk/products/surface/surface_wetsuits/))

Wetsuit Outlet (<http://www.wetsuitoutlet.co.uk/all-wetsuits-cx-13.html>)

### Drysuit suppliers

Wetsuit Outlet ([http://www.wetsuitoutlet.co.uk/all-drysuits-c-28\\_97.html](http://www.wetsuitoutlet.co.uk/all-drysuits-c-28_97.html))

Lomo (<http://www.ewetsuits.com/acatalog/Drysuits-Surface.html>)

Typhoon ([https://www.typhoon-int.co.uk/products/surface/surface\\_drysuits/](https://www.typhoon-int.co.uk/products/surface/surface_drysuits/))

Reed Chillcheater (<https://www.chillcheater.com/aqshop/catalogue.php?id=203>)

Kari-tek ([http://www.karitek.co.uk/shop.html?page=shop.browse&category\\_id=111](http://www.karitek.co.uk/shop.html?page=shop.browse&category_id=111))

### Fleece base layers and undersuit suppliers

- Lomo (<http://www.ewetsuits.com/acatalog/Thinsulate-undersuits-drysuit-fleece-uketc.html>)
- Reed Chillcheater (<https://www.chillcheater.com/aqshop/catalogue.php?id=3130>)
- Typhoon ([https://www.typhoon-int.co.uk/products/surface/surface\\_undersuits/](https://www.typhoon-int.co.uk/products/surface/surface_undersuits/))
- Kari-Tek ([http://www.karitek.co.uk/shop.html?page=shop.browse&category\\_id=136](http://www.karitek.co.uk/shop.html?page=shop.browse&category_id=136))

### Hats/Caps

- Reed Chillcheater (<https://www.chillcheater.com/aqshop/catalogue.php?id=6>)
- Lomo (<http://www.ewetsuits.com/acatalog/wetsuit-hoods.html>)
- Kari-Tek ([http://www.karitek.co.uk/shop.html?page=shop.browse&category\\_id=114](http://www.karitek.co.uk/shop.html?page=shop.browse&category_id=114))

### Cags

- Lomo (<http://www.ewetsuits.com/acatalog/dry-tops-cags-spray.html>)
- Reed Chillcheater (<https://www.chillcheater.com/aqshop/catalogue.php?id=876>)
- Wetsuit Outlet ([http://www.wetsuitoutlet.co.uk/cags-jackets-c-23\\_203.html](http://www.wetsuitoutlet.co.uk/cags-jackets-c-23_203.html))
- Kari-Tek ([http://www.karitek.co.uk/shop.html?page=shop.browse&category\\_id=112](http://www.karitek.co.uk/shop.html?page=shop.browse&category_id=112))

### **Boots/footwear suppliers**

- Typhoon (<https://www.typhoon-int.co.uk/products/surface/boots/>)
- Lomo (<http://www.ewetsuits.com/acatalog/neoprene-wetsuit-shoes-boots.html>)
- Wetsuit Outlet ([http://www.wetsuitoutlet.co.uk/wetsuit-boots-c-27\\_93.html](http://www.wetsuitoutlet.co.uk/wetsuit-boots-c-27_93.html))

### **Buoyancy Aids**

- Wetsuit Outlet ([http://www.wetsuitoutlet.co.uk/adult-c-29\\_148\\_149.html](http://www.wetsuitoutlet.co.uk/adult-c-29_148_149.html))
- Palm Equipment ([http://www.palmequipmenteurope.com/products?f\[0\]=field\\_web\\_category%3APersonal%20floatation](http://www.palmequipmenteurope.com/products?f[0]=field_web_category%3APersonal%20floatation))
- Lomo (<http://www.ewetsuits.com/acatalog/impact-vests-life-jackets-bouyancy-aids.html>)

### **Spray Decks**

- Wetsuit Outlet ([http://www.wetsuitoutlet.co.uk/spraydecks-c-23\\_88.html](http://www.wetsuitoutlet.co.uk/spraydecks-c-23_88.html))
- Reed Chillcheater (<https://www.chillcheater.com/aqshop/catalogue.php?id=150>)
- Lomo (<http://www.ewetsuits.com/acatalog/Spraydecks-1.html>)
- Palm Equipment ([http://www.palmequipmenteurope.com/products?f\[0\]=field\\_web\\_category%3ASpraydecks](http://www.palmequipmenteurope.com/products?f[0]=field_web_category%3ASpraydecks))
- Kari-Tek ([http://www.karitek.co.uk/shop.html?page=shop.browse&category\\_id=117](http://www.karitek.co.uk/shop.html?page=shop.browse&category_id=117))

### **Gloves**

- Wetsuit Outlet ([http://www.wetsuitoutlet.co.uk/neoprene-gloves-c-26\\_143.html](http://www.wetsuitoutlet.co.uk/neoprene-gloves-c-26_143.html))
- Lomo (<http://www.ewetsuits.com/acatalog/neoprene-wetsuit-gloves.html>)

## **Further Information**

### **Typical All Season Sea Kayaker Equipment Example**

- Typhoon Multisport drysuit  
([https://www.typhoon-int.co.uk/products/surface/surface\\_drysuits/multisport\\_4\\_-\\_new/](https://www.typhoon-int.co.uk/products/surface/surface_drysuits/multisport_4_-_new/))
- Reed Chillcheater Transpire Fleece top  
(<https://www.chillcheater.com/aqshop/catalogue.php?id=3200&page=>)
- Reed Chillcheater Transpire Fleece pants  
(<https://www.chillcheater.com/aqshop/catalogue.php?id=3163&page=>)
- Lomo Wetsuit boots (work with drysuits too)  
(<http://www.ewetsuits.com/acatalog/dive-boots.html>)

- Reed Chillcheater Transpire Beanie  
(<https://www.chillcheater.com/aqshop/catalogue.php?id=2804&page=1>)
- Palm Kaikoura Buoyancy Aid  
(<http://www.palmequipmenteurope.com/blog/en/palm-kaikoura-pfd-review>)
- Reed Chillchester Aquatherm Hood  
(<https://www.chillcheater.com/aqshop/catalogue.php?id=2593&page=>)
- Palm Roanoke Spraydeck  
(<http://www.wetsuitoutlet.co.uk/2015-palm-roanoke-combi-day-tour-spraydeck-p-10051.html>)
- Lomo neoprene gloves  
(<http://www.ewetsuits.com/acatalog/short-neoprene-gloves.html>)

### **Other Articles**

How wetsuits work

<http://www.ewetsuits.com/acatalog/How-Wetsuits-Work.html>

Kayak Clothing

<http://www.ewetsuits.com/Guides/Kayak-Clothing.html>