

Clothing Guidelines for Rowers

Rowing is an outdoor sport and as such clothing should be appropriate for the prevailing weather conditions and for the activity itself.

Winter - cold weather

Multiple layers of clothing that reduce heat loss but can also be easily removed if you get too warm. Including a thermal base layer and ideally a waterproof outer layer.

Hi-Vis outer layer for poor visibility conditions

Good fitting hat to keep you warm but that won't easily come off if you capsize.

Gloves or preferably Pogies to keep your hands warm

Full-length 'leggings' to keep your legs warm again with a thermal layer underneath on colder days.

Coxes can easily get very cold during cold weather outings make sure that you have plenty of warm layers on and a waterproof / windproof outer layer.

Summer - warm weather

Multiple layers of clothing that can be easily removed if you get too warm.

Peaked hat to keep the sun off your face

Full length shorts or trousers to protect thighs from sun burn

Water and sweat resistant sun cream minimum factor 20.

All clothing should be lightweight so as not to weigh you down in case of a capsize and close-fitting to avoid getting caught up in equipment with no open pockets. – No Hoodies!!

Everybody should have a towel and a complete set of dry clothes to change into in case of submersion.