

# IYT/SiA What to wear on a boat.



**Windproof top (not waterproof)**  
Made from synthetic material with a possible fleece lining. Useful at night in the tropics.



**Windproof top (waterproof)**  
Made from a synthetic material. Useful on a sportsboat or dinghy



**Waterproof trousers.**  
These come up to the chest leaving the arms and shoulders bare. If the weather gets cooler can be worn with windproof tops.  
Cold water climes



**Hats** are essential to stop heat escaping from the top of the head or to keep the sun off in winter in cold climates.



**Boots:** These are available in a short, long or short lace up. The soles are made non slip. Deck shoes are better on yachts in warm climes.



**Glove's:** Essential to prevent damage to the hands by the ropes when you pull on them. Those shown have the fingers tips cut off to allow work to be done on the boat without removing them. Others are available with complete fingers.

**Remember:** The rule in wearing clothes is to wear lots of layers rather than one thick item. Lots of layers trap air thereby keeping you warmer.

All items shown are from the Douglas Gill catalogue:  
<http://www.douglasgill.com>

## IYT/ SiA What to wear when sailing.

The items of clothing that you wear when sailing will depend on a number of things

- ◆ What size and type of boat that you are sailing on.
- ◆ Are you sailing on the sea or on an inland lake.
- ◆ The location in the world, i.e. English Channel or the Mediterranean Sea.
- ◆ The weather conditions.

If the boat is a large yacht and you are on the sea, then you are only likely to get wet from monsoon rain or a little spray.

If in a dinghy like a Topper Omega then you will be constantly wet by the waves splashing over the front or from a capsized.

If you are sailing on an inland lake then as there are no waves then you will only get wet from rain and a capsized.

And finally the location: the sea off the coast of England is always cold but SE Asia is usually warm so warmer clothing will be needed off the coast of England



Dry suit

**Dry suit:** This is designed to keep you dry. The neck, cuffs and feet are made from rubber and seals to keep the water out.

You would need to wear clothing underneath to keep you warm; such as salopettes.(made from a fleece material)

Worn when you expect to get wet when the water is very cold, i.e. in the sea or during the winter.  
Boat type: Sportsboat or any high performance boat



salopettes



### Wet suit and boots:

These are available in short arms as shown, with long arms and with short legs. They are made from neoprene rubber.

When the suit is wet the water is trapped between the body and the suit, the heat from your body warms the water. This would need to be worn with a wind proof top.