SUIT UP for SNORKELLING





The equipment above is provided by us

WHAT to wear UNDER the suit for snorkelling:

Soon you will be packing your things and heading north to the cold, and there you will be going into an even colder environment! First things first, we are using dry suits, and dry suits are famously not always completely dry. We accommodate standard sizes and sometimes not everything can fit, some people have thin wrists, a thicker neck and so on. Our suits are thick neoprene suits for two reasons:

1. They will still give you warmth even if they get wet.

2. They will keep you floating comfortably even if you get water inside.

There will be a neoprene or latex seal around your neck and your wrists. When you move around in the water, there is a fair chance that some water will come in. To keep you as warm and dry as possible, we recommend you to dress for the occasion underneath the dry suit.

Before coming to join us for the presentation and getting into your dry suit, here is a list of what to do.

1. Leave your rings, nail extensions, expensive watches and earrings at home or locked safely in your car. The dry suit wrist and neck seals tear very easily from contact with sharp objects, and you must remove them before getting into a drysuit. Also, pack a bag with some dry clothes to wear if you get wet on the trip.

2. Wear a full (merino) wool layer closest to your skin: long johns and long-sleeved wool shirt. These are commonly available in Norwegian sportswear stores, they are even found in some supermarkets.

3. Over the layer of wool below the waist, you add your fluffiest and warmest pants.
Think cotton sweatpants for Sundays on the sofa or similar!

4. Over the long-sleeved wool shirt, you can add a T- shirt and for instance a fleece sweater or other similar warm thick sweater or fleece jacket without a hood!
Note: There is no way you can put a thick and fluffy outdoors jacket inside the suit and still find a neck seal that fits your neck. Also, if the jacket has a hood it will tuck under your neck and cause you discomfort.

5. On your feet, you will need socks, very thick socks and if possible, perhaps even another pair of thick socks! Again, wool is absolutely the best. This is where cold sneaks into you the most. By insulating your feet from the hull of the boat you stop the cold getting into your toes. The dry suit boots are typically large to permit several layers of socks. Remember that to create heat you also need air, simply putting several layers of tennis socks on top of each other will not do much, but they will for sure constrict the blood circulation in your feet and make you even colder!

6. Bring a warm hat and warm gloves for when the snorkeling activity is over. Neoprene keeps you warm in the water, but at the surface it is not the warmest material. Getting your fingers dry and into warm mitts or gloves feels amazing after a cold plunge.

OBS:

1. Attending the presentation is absolutely necessary!
2. The temperature is a safety concern. To be allowed in the water, you must have proper clothes to wear underneath the neoprene!

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