

## Suggested clothing for dinghy sailing

For those new to sailing, it is important to wear appropriate and warm clothing when on the water. As with most outdoor clothing, layering is key to staying warm. Here are the main items you will require:

**Thermal base layer** - normally a polypropylene thermal top and/or long johns. Avoid rash vests as they are designed for hot climates to cool the body and rarely suitable for Scottish sailing!



**Wetsuit** – preferably with some arm cover. It should have 3mm neoprene on the arms and legs and possibly 5mm on the body. Don't buy a diver's one as they are too thick and not flexible enough for the movement required in dinghy sailing.

**Wet boots** – Neoprene with a reasonable sole for on our stony beach. Don't wear normal socks underneath as they will keep your feet colder not warmer – let the neoprene work. You can buy thermal socks, wetsocks or hot socks to wear underneath



**Fleece top** for warmth over wetsuit

**Spray top** – there are a huge variety of spray tops out there. Modern tops often combine a fleece with waterproof outer layer. There are spray tops available to borrow from the Broty Boathouse.



**Buoyancy aid** – don't be tempted to buy cheap or large to grow into as it will disappear over your child's head the first time they fall in the water. The buoyancy aid should provide 50 Newtons of buoyancy and should display the CE mark. One with a crotch strap, single waist strap or side straps can help to keep it in position in the water. Long buoyancy aids with multiple belt straps are not appropriate for sailing as they will limit movement in the boat. Buoyancy aids are also available to borrow.

Buoyancy aid  
50 Newton



Coastal sailing,  
beach/shore activities.  
Suitable for good swimmers.

Canoe-kayak, windsurf,  
dinghy, water ski, jet ski, kitesurf,  
stand up paddle.



**Sailing gloves** – to help protect hands from ropes and, if neoprene, will help keep hands warm.

Not self-righting.  
Keeps the airway out of the water,  
wearer being conscious.

**Hat** – woolie one to keep warm or cap for sunny evenings

With the correct clothing, a wetsuit and thermals should be warm enough most of the year, however some prefer to wear a drysuit. If using a drysuit, make sure a thermal and fleece layer is worn underneath to stay warm. You may need larger boots to fit the feet into. Thin socks over the feet or talcum powder in the boots will make it easier to get them on and off.

Local suppliers of watersports clothing are **David Anderson Marine** in Newport-on-Tay or the **Bosun's Locker** at Port Edgar.

Online suppliers are:

**Rooster Sailing** – [www.roostersailing.com](http://www.roostersailing.com) (good site for videos explaining kit)

**Lomo** – [www.ewetsuits.com](http://www.ewetsuits.com)

**TridentUK** – [www.tridentuk.com](http://www.tridentuk.com)

**Wetsuitoutlet** – [www.wetsuitoutlet.co.uk](http://www.wetsuitoutlet.co.uk)

**Sailboats** – [www.sailboats.co.uk](http://www.sailboats.co.uk)

**Sailingfast** – [www.sailingfast.co.uk](http://www.sailingfast.co.uk) (good Scottish supplier for topper parts and also do clothing)