**Upper Hamble Canoe Club (UHCC) What to Wear in Winter**

Advice for new paddlers on what to wear to stay warm for your first winter paddling season when a dry suit may be unaffordable.

Andy Holt (professional coach) recommends a scull cap or thin beanie under the helmet to keep the heat in. Layer up with decent skin-tight thermal top and leggings, full fleece onesie, or fleece top and trousers combo. Alternatively a long john style (armless) wetsuit against the skin, tight not baggy, then fleece over it. Waterproof cag and trousers over all. Two pairs of socks or a thin pair inside neoprene socks, or fleece socks over. Pogies or neoprene gloves/mitts.

A woollen jumper from the second hand shop works well but it will be impossible to dry overnight so have a second dry one for day 2. Buy too big and shrink it to fit!

Shoes or trainers that are a couple of sizes too big allowing the extra socks to fit without cutting off the blood supply.