

WATER TEMPERATURE WETSUIT CHART

WATER TEMP.

WETSUIT THICKNESS

WHAT TO WEAR

> 77 F
> 25 C

In warm waters you won't need a wetsuit. Unless you also wear a wetsuit in a sauna or to the beach - joke intended. However, we do recommend to protect yourself against the sun. This can be done by wearing one of our thinner Lycras.



LYCRA TOP
2MM-3MM



LYCRA TOP
2MM-3MM



LYCRA TOP
2MM-3MM



LYCRA TOP
2MM-3MM

72 F - 77 F
22 C - 25 C

When the weather is a bit colder outside, windy, or the water is colder than usual, e.g. in mornings or evenings, we recommend to use one of our tops, or even a Shorty wetsuit, to enjoy more time on the water without starting to feel cold.



TOP
3MM-5MM



SHORTY
3MM-5MM



TOP
3MM-5MM



SHORTY
3MM-5MM

68 F - 72 F
20 C - 22 C

If the water temperature drops to 20-22 degree Celsius, it also becomes less enjoyable to surf with just e.g. a top, or a shorty. If you generally do not like coldish water, or if the winds in these waters are stronger, we think you might feel more comfortable in a shorty with long arms or even in a thinner fullsuit.



LONG SLEEVE
3MM-5MM



SHORTY
3MM-5MM



LONG SLEEVE
3MM-5MM



SHORTY
3MM-5MM

64 F - 68 F
18 C - 20 C

Water of this temperature generally feels cold. We therefore recommend to use a full suit, as it will allow you to spend more time on the water, making the most of your session.



LONG SLEEVE
5MM-7MM



SHORTY
5MM-7MM

59 F - 64 F
15 C - 18 C

This is rather cold water, but it should not limit you from enjoying a good session when the wind is blowing. We recommend to use a 5/4 wetsuit, however, if you do not usually feel very cold very quickly, or if you don't intend to spend too much time on the water, a 3/2 full suit could also suffice.



LONG SLEEVE
5MM-7MM



SHORTY
5MM-7MM

54 F - 59 F
12 C - 15 C

In this water temperature a warm wetsuit and Neoprene Booties are highly recommended in order to keep the body temperature up. A 5/4/3 wetsuit is best paired with our NeelPryde Neo Booties.



LONG SLEEVE
5MM-7MM



SHORTY
5MM-7MM



NEO BOOTIES
5MM

48 F - 54 F
9 C - 12 C

Cold water or winter conditions should not keep you from your next session on the water. In order to enjoy it to the fullest, we recommend to gear up with a hooded 5/4/3 wetsuit, a pair of gloves and booties, or use a Neo Breeze alternatively to a hooded wetsuit.



HOODED
5MM-7MM



HOODED
5MM-7MM



NEO BOOTIES
5MM



NEO BOOTIES
5MM



NEO BOOTIES
5MM

< 48 F
< 9 C

In very cold water and wind conditions, we recommend to gear up with a hooded 6/5/4 wetsuit for maximum protection, as well as a set of gloves and thick neoprene booties. Don't forget a good jacket for these conditions such as our Stormchaser neoprene jacket, which offers additional warmth and protection.



HOODED
6MM-8MM



HOODED
6MM-8MM



NEO BOOTIES
6MM



NEO BOOTIES
6MM

Wetsuit Temperature Guide

Rough Guides



Wetsuit Temperature Guide:

The Women's Guide to Triathlon USA Triathlon, 2015-05-21 The Women's Guide to Triathlon presents female specific training techniques and equipment for triathlon Guided by the USAT Women's Committee whose goal is to encourage women's participation in the sport 20 of the sport's top female coaches and athletes offer their winning advice **The Navy Seal Physical Fitness Guide** Patricia A. Duester, 1998-11 Will enhance the physical abilities required to perform Spec Ops mission related physical tasks promote long term cardiovascular health and physical fitness prevent injuries accelerate return to duty and maintain physical readiness under deployed or embarked environments Includes an overview of physical fitness and addresses SEAL mission related physical activities cardiorespiratory conditioning running swimming strength training flexibility calisthenics load bearing training for specific environments training and sports related injuries harmful substances that affect training etc Illustrated **Triathlon Excellence: The Complete Guide to Mastering the Swim, Bike, and Run** Pasquale De Marco, 2025-04-05 In this comprehensive guide to triathlon success you'll find everything you need to know to excel in this challenging and rewarding multi sport discipline Whether you're a beginner looking to complete your first triathlon or a seasoned athlete aiming to improve your performance this book will provide you with the knowledge and skills to achieve your goals With expert advice and practical strategies you'll learn how to Master the swim Improve your swimming technique build endurance and speed and overcome common challenges in the water Conquer the bike Select the right triathlon bike develop proper cycling technique and maximize your power and endurance on the bike leg Achieve running success Build a solid running foundation develop proper running form and increase your speed and endurance for the run Fuel your triathlon journey Understand your triathlon nutrition needs create a pre race nutrition plan and develop a race day nutrition strategy to optimize your performance Train and recover like a champion Create a balanced training schedule incorporate strength and conditioning exercises and prioritize rest and recovery to avoid burnout Prepare your mind for victory Develop a winning mindset deal with race day nerves maintain focus and motivation and overcome obstacles and setbacks with resilience Race with confidence Learn effective race day strategies and tactics including pre race preparations pacing strategies and transition area tips to maximize your performance on race day Join the triathlon community and embrace the triathlon lifestyle Find inspiration and support from fellow athletes give back to the community and promote the sport to others With Triathlon Excellence you'll have the tools and knowledge to unlock your full potential in triathlon Embrace the challenge push your limits and experience the thrill of crossing the finish line as a triathlon champion If you like this book write a review **The Rough Guide to Britain** Robert Andrews, 2004 The Rough Guide to Britain is the ultimate insiders handbook to England Wales and Scotland The full colour introduction brings the country's highlights to life from the Eden Project in Cornwall to Edinburgh's Royal Mile The authors provide lively accounts of every sight from the latest attractions such as the Cardiff Bay area and Gateshead's Baltic Centre to established landmarks from the Tower of

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Man-Machine-Environment System Engineering Shengzhao Long,Balbir S. Dhillon,2022-08-20 Man Machine Environment System Engineering Proceedings of the 22nd Conference on MMESE are an academic showcase of the best papers selected from more than 500 submissions introducing readers to the top research topics and the latest developmental trends in the theory and application of MMESE This proceedings are interdisciplinary studies on the concepts and methods of physiology psychology system engineering computer science environment science management education and other related disciplines Researchers and professionals who study an interdisciplinary subject crossing above disciplines or researchers on MMESE subject will be mainly benefited from this proceedings MMESE primarily focuses on the relationship between Man Machine and Environment studying the optimum combination of man machine environment systems In this system Man refers to working people as the subject in the workplace e g operators decision makers Machine is the general name for any object controlled by Man including tools machinery computers systems and technologies and Environment describes the specific working conditions under which Man and Machine interact e g temperature noise vibration hazardous gases etc The three goals of optimization of the man machine environment systems are to ensure safety efficiency and economy The integrated and advanced science research topic Man Machine Environment System Engineering MMESE was first established in China by Professor Shengzhao Long in 1981 with direct support from one of the greatest modern Chinese scientists Xuesen Qian In a letter to Shengzhao Long from October 22nd 1993 Xuesen Qian wrote You have created a very important modern science and technology in China Reef Smart Guides Beneath the Blue Planet Alex Brylske,Peter McDougall,Ian Popple,Otto Wagner,2023-02-14 Take a Deep Dive into the Secrets of Our Blue Planet The author is one of the most experienced in the world A fascinating and engaging toom Well worth the read A valued forever reference Amazon review 1 New Release in Scuba Travel Guides Venture into the thrilling realm of underwater exploration with Beneath the Blue Planet by the founders of the popular Reef Smart Guides series for snorkelers and scuba divers A perfect travel gift for nature lovers and a rich source of shark facts this book unearths the secrets of the ocean from coral reefs to the world of deep diving Dive into the ocean s untold stories Discover the captivating universe that exists beneath the waves From the diverse inhabitants of the coral reefs to the deepest most mysterious corners of the ocean Beneath the Blue Planet unveils everything you ve ever wanted to know about our underwater world Experience the thrill of ocean exploration This immersive guide provides fascinating shark facts explores the incredibly beautiful world of coral reefs and encourages sustainable tourism for divers Designed for anyone who loves the ocean this book is a treasure trove of knowledge making it an excellent travel gift for adventure seekers Immerse yourself in Beneath the Blue Planet and Unearth the hidden world of

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planning your first certification course or preparing for your inaugural open water dives this guide provides the knowledge and confidence to transform your diving dreams into reality **The Rough Guide to Ecuador** Harry Adès, Melissa Graham, 2003 In addition to options in all price ranges for dining and accommodations this guide features practical information on Ecuador's history culture indigenous peoples and environmental issues of color photos 44 maps *The Rough Guide to Scottish Highlands & Islands: Travel Guide eBook* Rough Guides, 2024-03-01 The Rough Guide to the Scottish Highlands and Islands guidebook is perfect for independent travellers planning a longer trip It features all of the must see sights and a wide range of off the beaten track places It also provides detailed practical information on preparing for a trip and what to do on the ground And this Scottish Highlands and Islands travel guidebook is printed on paper from responsible sources and verified to meet the FSC's strict environmental and social standards This Scottish Highlands and Islands guidebook covers Argyll the central Highlands the Great Glen the north and northwest Highlands Skye and the Small Isles the Western Isles Orkney Shetland Inside this Scottish Highlands and Islands travel book you'll find A wide range of sights Rough Guides experts have hand picked places for travellers with different needs and desires off the beaten track adventures family activities or chilled out breaks Itinerary examples created for different time frames or types of trip Practical information how to get to Scottish Highlands and Islands all about public transport food and drink shopping travelling with children sports and outdoor activities tips for travellers with disabilities and more Author picks and things not to miss in Scottish Highlands and Islands Glen Coe Tobermory Eigg Assynt West Highland Railway Callanish Lewis the Cairngorm Mountains Caledonian Forest Insider recommendations tips on how to beat the crowds save time and money and find the best local spots When to go to Scottish Highlands and Islands high season low season climate information and festivals Where to go a clear introduction to with key places and a handy overview Extensive coverage of regions places and experiences regional highlights sights and places for different types of travellers with experiences matching different needs Places to eat drink and stay hand picked restaurants cafes bars and hotels Practical info at each site hours of operation websites transit tips charges Colour coded mapping with keys and legends listing sites categorised as highlights eating accommodation shopping drinking and nightlife Background information for connoisseurs history culture art architecture film books religion diversity The guide provides a comprehensive and rich selection of places to see and things to do in Scottish Highlands and Islands as well as great planning tools It's the perfect companion both ahead of your trip and on the ground *Ski*, 2002 **Commercial Diver Training Manual, 6th Edition** Hal Lomax, 2016-08-01 Updates in the 6th Edition Comprehensive rewrite can be used as stand alone reference Extensive index Easy to read formatting Color photos tables figures added Colorful book cover ABOUT THE BOOK The 6th Edition of the Commercial Diver Training Manual represents an almost total rewrite Where previous editions were designed to be utilized in conjunction either with the NOAA Diving Manual or the U S Navy Diving Manual the 6th Edition has been written as a stand alone work that covers history

physics physiology diving medicine and first aid in addition to those chapters devoted to diving technique diving equipment and working underwater This manual is presented with the understanding that fully qualified instructors experienced in underwater work will provide any further explanation required by the reader At the same time the intent was to provide a manual to enhance both the theoretical and the practical training of the diver with a view to providing graduates that are more knowledgeable and well informed in their chosen trade performing their assigned tasks in a safe and productive manner To that end this manual strives to present the following Diving physics in a clear concise manner The latest theory and procedure in physiology and diving medicine The latest in practice and procedure both inland and offshore The most commonly used diving and support equipment accepted for use in today s industry While it is understood it would require several volumes to address every conceivable task performed on every type of underwater project employing commercial divers this manual endeavors to cover the most commonly performed tasks and the most common underwater operations By presenting these more common projects and tasks in detail it is hoped the reader will be better informed and better prepared for a career underwater In addition by further illustrating both technique and safety concerns with case studies and personal accounts from the author s career the manual shows the reader these are more than just words being presented suggestions help the reader become more proficient and safety guidelines keep the reader from injury or death **Scott Tinley's**

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Kayak Fishing: The Ultimate Guide 2nd Edition Scott Null, 2017-04-01 With stunning new photography and contributions from 20 influential kayak angling pros this edition provides new kayak anglers with a solid foundation of skills and concepts for a safe and comfortable entry into the sport Experienced kayak anglers will benefit from a wealth of tips tricks and advanced kayak fishing techniques [V!VA Travel Guides Nicaragua](#) Paula Newton, Rachael Hanley, Andrea Davoust, 2010-05-16 This June 2010 version is the most up to date travel guide to Nicaragua available anywhere With this guide you can Surf hidden breaks uncovered by local surfers Summit active volcanoes zipline over lush rainforest sit and sip at one of the country s many organic coffee farms or hang your hammock in a remote Caribbean village Float through the pristine rain forest that lines the Rio San Juan tracing the Costa Rican border from Lake Nicaragua to the Caribbean Sea Navigate the border crossings with Costa Rica and get around Nicaragua by bus boat and puddle jumper airplane Understand the Nicaraguan people and how you can help them live a better life by traveling responsibly Stay a while volunteering or studying Spanish in Granada Ometepe San Juan del Sur or Leon Why settle for an outdated guidebook The V VA community of on the ground travel writers local experts and travelers like you are continuously updating and improving

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