

# WHAT TO WEAR

## A GENERAL GUIDE FOR WATERSPORTS

Please wear old lightweight clothing that you don't mind getting wet.

### WARMER MONTHS

Hat or Cap



Vest or t-shirt



Swimwear



Shorts or leggings



Beach shoes or old trainers



### COOLER MONTHS

Woolly hat



Lightweight waterproofs



T-shirt or long sleeved rash vest



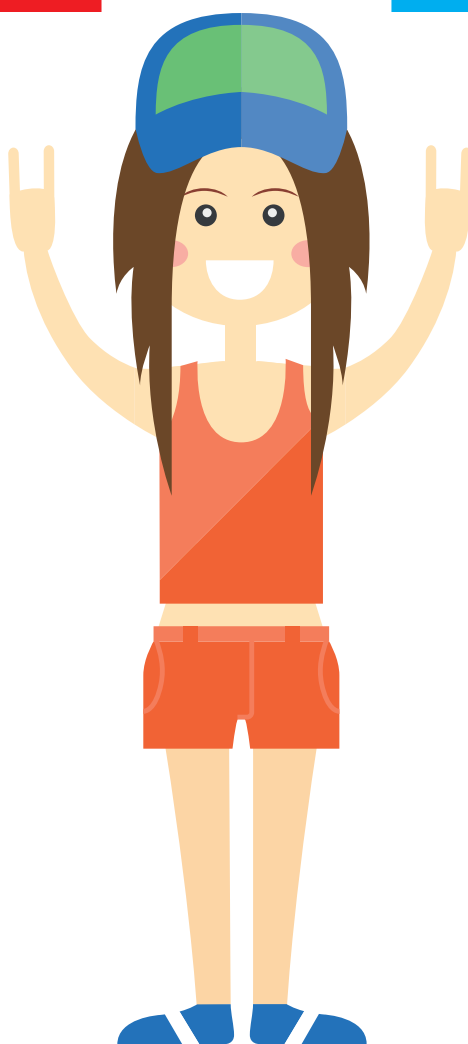
Wetsuit or Drysuit



Leggings or tracksuit bottoms



Beach shoes or old trainers



**Please do not wear denim or anything heavy**

## Manvers Lake

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