

What to wear when out paddle boarding.



The Lake District can be pretty unpredictable when it comes to the weather so it's best to be prepared for all conditions.

Explore The Lakes Paddle board hire strongly suggest you wear our buoyancy aid on top of all other articles of clothing.

Suitable footwear should be used at all times. (Eg: old trainers, water shoes)

Sunny Weather:

- Swimwear! or any clothing you don't mind getting wet. We recommend lightweight, clothing, no denim or suede this will weigh you down if you fall in.
- If you own a wetsuit, you might as well wear it! Even in the summer the lakes can still be a bit nippy.
- If you're exposing your skin, don't forget your sunscreen! With the reflection off the water, it is easy to burn.
- We suggest you take some water to help stay hydrated.

A rainy day:

- If you own a wetsuit, wear it. If you don't, maybe consider hiring one from us. You will get wet, the wetter you are the colder you will feel so it's best to be prepared.
- No wetsuit? Layer up with thermal base layers, followed by something fleece and lastly waterproofs, top and bottoms.
- If it is a bit chilly outside, a hat and a pair of gloves will always be appreciated when you're out on the water.

Explore The Lakes suggests always taking a full change of clothes and towel with you There is always the possibility of taking a swim paddle boarding so it's best to be prepared for the worst.

Explore The Lakes recommends paying strong attention to the weather forecasts and paddling within your own limitations.

If it is looking windy, we will let you know whether it is safe and some potential quieter options to go paddling, or we may have to advise you to re-schedule your hire for another day, subject to availability.