

# **WEAR THE BEST WETSUITS**

**TO FEEL HAPPY IN WATER**



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# Table of Contents

## 1. Introduction

## 2. About Wetsuits

2.1 What Is a Wetsuit?

2.2 What Is Used in Making a Wetsuit?

2.3 How A Wetsuit Works?

2.4 Types of Wetsuits

## 3. Choosing the Right Wetsuits

3.1 How to Choose Wetsuits?

3.2 Taking Care of Wetsuits

## 4. Difference Between Wetsuit for Men and Women

## 5. Conclusion

# 1. Introduction



Are you an avid water sports person? Do you love to dive into the sea and explore the underwater? Well, all water sports enthusiasts are aware that they need to make use of the best attire and accessories to keep them safe and warm when they are hitting the water. No matter you love to go for a kayaking ride or scuba diving or surf, you need to wear the right gear for the sport so that you do not feel the cold of the water. These days there are many body hugging suits on offer from many manufacturers to help you feel comfortable and at ease when you are hitting the waters. One of the most important gears that everyone hitting the water for some water adventure sports should wear is the wetsuits.

The wetsuits are a very important tool that will help you to stay in the water for a long time without feeling the cold. There is no doubt that cold water is a big pain to everyone. But, to enjoy the best of water sports, it is very important for the water to be cold. Hence, you should be very happy to be in the cold water and the best way to deal with the water's coldness is to use the wetsuits. The modern day, wetsuits are far more advanced than before and they will help every water sport enthusiast to stay in the water for long without feeling the cold.

This eBook is a guide that will take you to the wonderful world of wetsuits. It will provide you with the necessary guidance and the information that you need about wetsuits so that you can take an informed decision when choosing a wetsuit. You will get all the necessary information about the wetsuits in this book right from what it is to how it is made and also know the different types of wetsuits. This is not all; the eBook also provides details on how to choose a wetsuit that will meet the needs of a water sport enthusiast.

# 2. About Wetsuits



Staying for long in the cold water without the right clothing is not a possible task. You might feel varying temperatures of the water at different times. There is no way one can predict the temperature of cold water. The temperature of the water varies in different locations and zones. In colder regions, the cold water temperature can be said to be about 14 degrees C or less. In tropical regions, the normal cold water temperature would be about 22 degrees C. Apart from the temperature of the water, the weather conditions and the wind conditions for the day will make a change in the water temperature.

If you are into diving or underwater expedition, then you will also have to take into account your own stamina and the condition of your body. There are a lot of factors that determine the coldness of the water. Since different people will have a different stamina and physical condition, the feeling of cold will be different for different people. The best temperature for a human body to ace at its best is 37 degrees C. If you are feeling cold, the first thing that will show about the feeling of coldness is the cold feet and hands and then your body will start to shiver. This is why it is very important for every water sports enthusiast to maintain the temperature of their bodies at the right temperature. This is possible by wearing the best wetsuit to cover your body.

## 2.1 WHAT IS A WETSUIT?

A wetsuit is a type of clothing worn to play water sports like diving, surfing, kayaking, canoeing, and windsurfing. It is not the usual type of dress that you wear and it is also totally different from the kind of jerseys and shorts that athletes wear. This is a special kind of suit made to keep you

warm when you are in the water. It will act as an insulant and will keep the body warm to the regulate temperature even when you are in the ocean or in deep waters.

- History of wetsuits

The wetsuit was the brainchild of Physicist Hugh Bradner and he created it in 1951. His idea was to come out with a suit that will help the swimmers and underwater divers. His vision was to bring out a wetsuit that will help the military underwater swimmer. Bradner was very much into designing the wetsuit for military purposes. This is the time when inspired Jack O'Neill produced a new wetsuit that will suit the surfers. When these two ideas joined hands, the quality and the standards of wetsuits increased and it turned out to be a huge revolution in the market. These days you will find the wetsuits that suit any purpose.



- The development of wetsuits

The first wetsuit was made using foam called neoprene. This is the same foam that is used in the modern day wetsuits as well. In the 50's, the suits were very delicate and stored away quickly. They used to apply talcum powder to the suit instead of the inner lining that is now provided. The sticky texture of the neoprene was an issue and to correct this, they used an inner lining of a nylon material. This did stop the stickiness of the product, but the flexibility of the wetsuit was compromised. In the 1970s, a double packed neoprene wetsuit was created. They were sewed together. This was a simple suit, but did not show very promising results. There were many other techniques tried out in the wetsuit design like seam gluing, seam taping and finally the blind stitching. This new technique is used in designing all kinds of wetsuits. The blind stitching is the best technique in making the wetsuits as it will help the underwater enthusiast to remain waterproof and also will reduce flushing.

## 2.2 WHAT IS USED IN MAKING A WETSUIT?

The main material used in making the wetsuits is neoprene. It is a stretchy synthetic rubber material that will hug on to the body of the user. The wetsuit is made by stitching together several pieces of neoprene so that it covers the desired body parts of the wearer. These days you will find wetsuits to be offered in a wide range of forms like shorts, full suits, half suits, etc. The neoprene used in the wetsuits is what matters the most. It is offered in varying thicknesses and they range from 2 mm to 6 mm. If you are living in cooler places, then it is better to opt for wetsuits that are made using thicker neoprene to keep you warm in the cold water. It would be ideal to use minimum sized neoprene thickness suits for people living in the tropical regions.



A common wetsuit will be having a zip that will help you easily get in and out of the suit. There are zipper wetsuits on offer in the market and this is an ideal option if you are well versed in using the suits. The zips are placed in different positions on the suit. Normally, you will find the zip of the wetsuit to be fitted to the back of the suit. You can also find wetsuits that have zippers on the chest or the shoulders. These days you can even find very stretchy neoprene wetsuits that will help you to get through the neck of the suit easily.

## 2.3 HOW A WETSUIT WORKS?

The wetsuits are designed to keep you warm in the water. It will catch a thin layer of water between the neoprene material used in making the suit and your body. The heat of the body will heat up the water that is trapped and within minutes you will feel very comfortable in the water. A small amount of water will surely get in between the suit and your body, no matter what. Anything more than just a small amount of water getting trapped between the body and the

neoprene material in the suit is not a good thing. As the water is cold, the constant surge of the coldness of the water will be too much for the body to handle. Hence, you need to choose the best wetsuits that make you feel very comfortable under water.

The wetsuits will also help in providing insulation to us and this way you will feel warm wearing it. If you are opting for a thick neoprene suit, then the insulation offered will be more and the thinner neoprene suits will offer less insulation. As the neoprene is loaded with small closed cells that are filled with air, they will help in keeping the body of the wearer warmer. The latest technologies have helped manufacturers to load the suits with many of these cells so that the wetsuit helps in keeping warmer and warmer in the water. When you are shopping for wetsuits, it is better to check out the thickness of the suit as well as the insulation offered by the suit.

## **2.4 TYPES OF WETSUITS**

There is no doubt that you will be spoilt for choices when you are in the market to buy wetsuits. They come in a wide range of colors and thickness and hence a novice is sure to get confused on what to buy. To make matters for you, this section of the eBook discusses the various types of wetsuits that are on sale in the market and online stores.

You can check out the different type of wetsuits and its reviews by just clicking on this link <http://getwetsuitpro.com/category/wetsuit-reviews/>.

- Wetsuit vest

This is a wetsuit that you wear on top of your body like a vest. It is a sleeveless version and is made using neoprene of thickness 1 mm to 1.5 mm. This wetsuit is an ideal option to wear the summer winds or the cold weather. It is an ideal suit to wear for paddlers as it will give freedom to the arm movement. The body is kept warm by the vest.

- Wetsuit jacket

It is more or less similar to a wetsuit vest. The only difference is that the jacket will have full-length arms and therefore the entire top body will enjoy the warmth that the suit offers. You will be better protected by the varying weather elements. They are made of neoprene of thickness 1 mm to 1.5 mm and will help in keeping your body warm in the water during the tropical climate. If the water gets very cold, then the jacket can be worn under the full wetsuit to make you feel warmer.

- Spring wetsuit

A very good wetsuit option for autumn and spring time is the spring wetsuit. The spring suits

come in two varieties, one with long arms and short legs and the other with half hands and long legs. It is a very good option for surfers during the summer and will help in keeping the arms and body protected from the sun. The thickness of the neoprene used in making these suits is about 2 mm. The seams of the suit are made using flat locked stitches.

- Short John wetsuit

This is an ideal summer wetsuit that has no sleeves on the arm and is short in the legs. It can also be used by paddlers as there is no neoprene material that will be hugging on the arms. It is designed to be used during the summers. The thickness of the neoprene used in the short John suit is around 2 mm. They are very comfortable to wear during summers and offer free and easy arm movements. These suits contain flat locked seams and hence seams are waterproof.



- Long John wetsuit

The only difference between the long John and the short John wetsuit is that it has the long version has long legs. There are no arm sleeves and therefore it will help in paddling. These suits are best suited for spring and autumn surfing. They are suited to be worn in areas where the air temperature feels warm and the water temperature is a bit chilly. They are made using thicker neoprene and it is usually a 3/2 wetsuit. The seams are blind stitched and hence they are waterproof.

- Rash guard

The lightest type of wetsuit that is not a regular wetsuit, but can protect your body surfing water



sports is the rash guard. It is used under the normal neoprene wetsuits as it is lightweight and offers protection against neoprene and wax. It is made using Lycra and offers UV protection. They have some insulation and therefore it is thicker and warmer.

- Short arm steamer

This is a suit that is designed to offer your body the warmth it needs under water. It has short arms and long legs. It will cover the upper arms and will leave the forearms exposed. It can be used by paddlers. The short arm steamer is made using a mix of 3 mm and 2 mm neoprene and therefore it offers good warmth to the body.



- The full suit

The full suit wetsuit is the ideal suit to wear for anyone who loves cold water surfing and underwater diving. They are offered in a wide range of thickness depending on the amount of warmth that you need. The 3 mm/2 mm wetsuits are ideal to be used in areas where there are cool temperatures. The 6 mm/5 mm/4 mm suits are the best to use in cold weather regions. Integrating the suits with hoods wetsuit gloves and booties will help you to stay for longer time in the water without feeling the cold.

# 3. Choosing The Right Wetsuits

The major thing that you need to see when choosing wetsuits is the type of neoprene used and the size of it. Many of the wetsuits are made using two or three thicknesses of neoprene so that the suit offers the flexibility that the user needs. The thicker neoprene is used in areas where there is no need for greater flexibility and the lighter neoprene is used in areas where you will need greater flexibility. The body can have thicker neoprene than any other part of your framework.



## 3.1 HOW TO CHOOSE WETSUITS?

Wearing wetsuits gives various benefits to the swimmer. They help in providing warmth and buoyancy and reduce the drag while swimming. Wearing wetsuits will add to the confidence level of the person as they will have a more comfortable feeling by using appropriate wetsuits. However, one needs to choose the wetsuits carefully depending on the temperature of the water and the weather conditions in which you are going to use the product. With many choices available, one can customize the gear according to the weather conditions and personal choice. Consider different characteristic features while selecting the wetsuit for your swimming or athletic needs. The parts that do not need thicker neoprene are the hands and the legs. Here, you will find the best wetsuits to offer thinner neoprene material. This is one of the main reasons why the wetsuits are the most preferred type of attire of windsurfing, kayaking, scuba diving, rafting, swimming, surfing, and kite surfing enthusiasts.

Visit this link <http://getwetsuitpro.com/wetsuit-temperature-guide/> to know more about wetsuits and water temperature and which one will be suited for a certain temperature of water.

- Consider the type or model

The full-length wetsuits for summer and winter use are available with different thickness. Full-length wetsuits with a thickness of 3/2 mm are suited for summer use. The 3 mm thickness at torso protects the vital organs and 2 mm thickness of legs and arms will give the necessary flexibility to move your arms and legs easily while swimming without causing faster tiredness. Winter wetsuits should have a thickness of 5/3 mm or above. One can find summer wetsuits for men, women, boys or girls according to their need. Short or half-length wetsuit is designed for summer use and will cover only the torso, upper arms, and thighs.

- Selecting the right fit

You need to select wetsuits which are tightly fitting the body. Loose fitting gear will have water flushing through the opening of the neck, arms, leg, etc. and this will result in chilly conditions due to improper insulation. To ensure most comfortable warmth and easy movement select the wetsuit size based on the height and torso size. Take precise measurements of your body before selecting the wetsuit. Go for models with anti-rub necklines and cuffs to avoid chafing of the skin. Go through the sizing guide offered by the manufacturer to make sure that you are getting the gear of exact size.



- Entry system

There are wetsuits with different entry systems designed to ensure waterproofing and ease of use. Back zip wetsuits come with a full back zip which runs from collar to the base of the spine or with  $\frac{3}{4}$  back zip. Full back zip models are easier to use than the  $\frac{3}{4}$  back zip models. The front

entry or chest entry models offer better protection in colder water, but getting inside the chest entry model is a bit difficult.

- Material

Wetsuits made of neoprene are highly useful for any water sporting activity. There are wetsuits which are made of neoprene of different grades. The thickness of the material will decide how long the user will remain warm when underwater. Wetsuits with neoprene panels with 1-6 millimeters will offer protection from cold water. The appropriate backing material is also used in many models of wetsuits to reduce the sticky nature of neoprene suits.

- Stitching

Stitching plays an important role in providing the right insulation. The summer wetsuits should have a zig-zag flat lock stitching so that there will be enough holes to make the gear breathable. Neoprene wetsuits which are glued and blind stitched are suitable for winter use as they will be water tight. Taping the seam lines will help in increasing water resistance.

- Price

The price of the wetsuit will vary depending on the features offered by it. The price will also change according to the thickness of the material and the type of stitching used. Suits, offering better insulation and comfort will usually come with a higher price tag than the summer wetsuits which have a thinner material and not water tight stitching. You can compare the features and price of different wetsuits from different manufacturers and order the best one according to your comfort preference and budget.

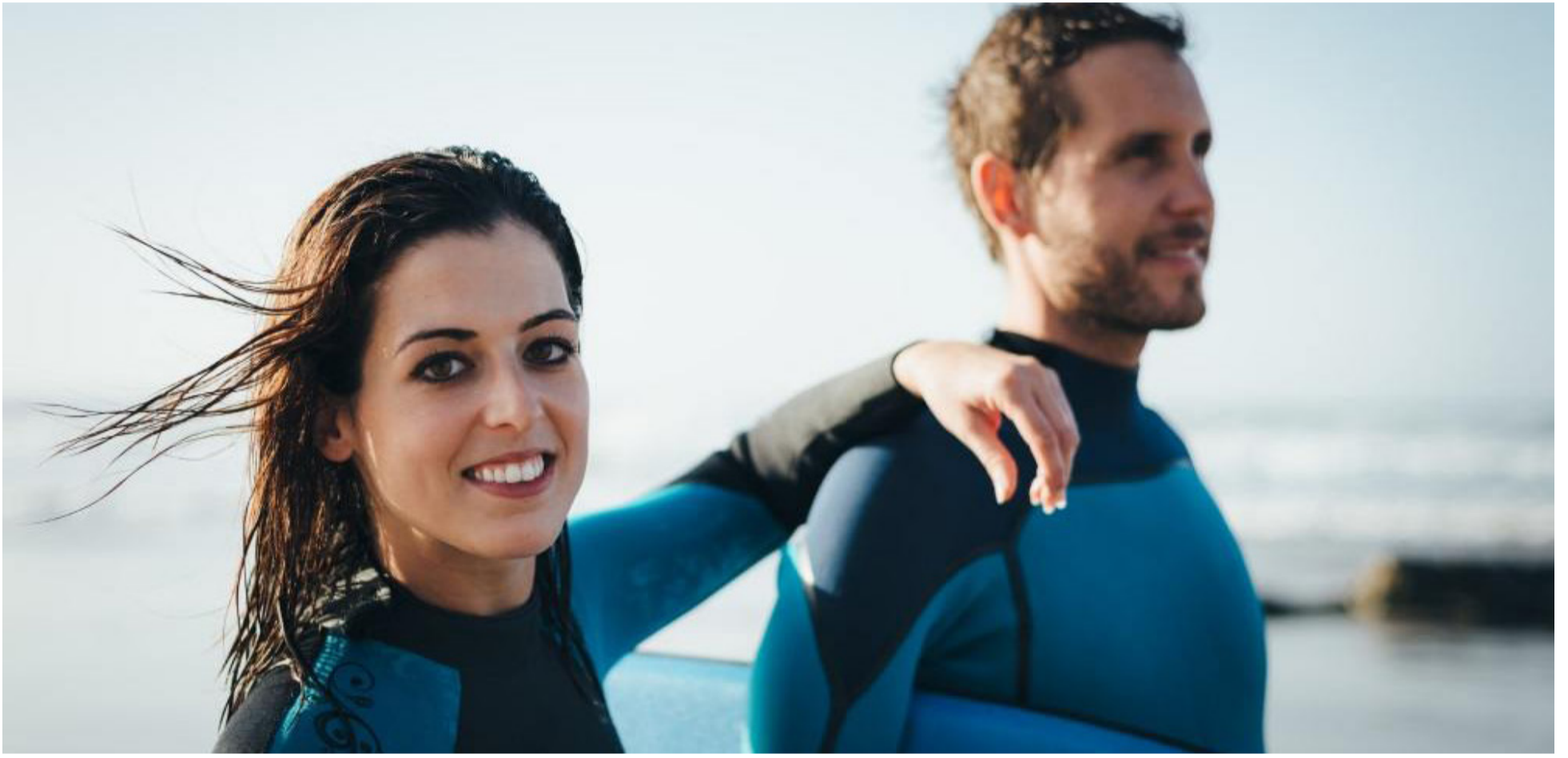
- Quality

It is very important to give importance to the quality of the wetsuit that you are buying. There is no point in buying a suit just because it comes at a lower price. There is no point in buying a wetsuit just because it carries a premium price. You will have to take a closer look at the quality of the suit and whether or not it would be of use to you. Apart from the body shape, personal taste, price and the fit, you will also have to look into many other things in order to find the top of the line wetsuit that will offer you the kind of use that you want.

The quality of the neoprene used in the wetsuit must be researched. You will need to make sure that the suit is made using the best quality neoprene to offer you the necessary warmth and protection you want when you hit the waters. The insulation that the neoprene offers also has to be taken into account. The neoprene wetsuit that you opt for must be stretchy and flexible. You need to give a thorough check into the kind of stitches that are used to stitch the neoprene and

whether the seams are waterproof or not. It would be not a bad idea to choose suits that carry much insulation inside the neoprene.

To know more about choosing the warmest wetsuit, check out this link <http://getwetsuitpro.com/warmest-wetsuit-how-to-choose-one/>.



### **3.2 TAKING CARE OF WETSUITS**

It is very important to take good care of the wetsuit that you buy. This will help in making it last longer and also protects you from the cold water when you take up water adventure sports or other underwater activities.

- It is very important to rinse the wetsuit after every activity that you do with it. Wash it in fresh water to remove the sea salt content, grime and the sand. Both the inside and the outside of the wetsuit needs to be treated with fresh water and cleaned properly.
- Do not ever attempt to wash the wetsuit in the water. Make use of cold or lukewarm water. Heat is its enemy and it must also not be exposed to the UV rays of the sun.
- Drying the wetsuit inside out is the best option of drying it. Hang it on a suitable hanger with the inside out and once the inside of the suit is dry, try the right side outwards and dry it.
- Never try to wash your wetsuit in a washing machine. Also, ensure that you do not dry it in the dryer unit. This will easily spoil the wetsuit.
- You should also not use any stain remover, bleach, detergent powder or liquid, fabric softener, etc., on the wetsuit.
- There are soaps made especially to be used on the wetsuits. Use these saps to remove dirt and grime on the suit.

# 4. Difference Between Wetsuit For Men And Women

There are wetsuits specifically designed for men and women to suit their body shape. The main difference between the wetsuit of men and women lies in the shape. We all know that the body shape of a male is different from a female and women will need the suits with the right curves to make them feel comfortable and well insulated.

- Difference in shape

Men have broad shoulders and hence their wetsuit will be wider at the shoulder and waist than women's wetsuits. Then wet suit of women should be wider at the hips and thighs to offer more comfort and narrower at the shoulders to get the perfect fit. The design of women's wetsuit offers extra space to accommodate the breasts. When choosing the wetsuit, men and women should take the measurements properly and should try out the item to ensure that the cut of the wetsuit suits their body shape. For men the available sizes will be XS, S, M, L, XL etc., and for women the sizes available will be 4, 6, 8, 10, 12 etc.

- Color and prints

Most of the men's wetsuit still comes in black color. Some models will have streaks of color on the side of the body. On the other hand, the latest women's wetsuits come in every possible color and with floral designs to give a more feminine look. More and more women are getting attracted to water sports every year and we can expect branded wetsuits with unique prints and colors in the future.

- Features

The wetsuits of men come with a better design to offer more functionality than that of women's. The features of men's wetsuits allow better performance and provide more flexibility when swimming in water. The women's wetsuit is designed by giving importance to the appearance and hence may not offer better speed and technically advanced models.

Even though a girl will be able to wear the wetsuit of a man, it is better to opt for models specifically designed for women, if you are expecting comfort and worried about your appearance. A girl with a very feminine figure should go for wetsuits for women. If you have any fit issues with the wetsuit, it is better to opt for custom fit suits. Whether you need wetsuits for swimming, kayaking, rafting or windsurfing you need to get suits specifically for the gender to get the right protection.

# 5. Conclusion

After going through this eBook, you will now be ready to make your first wetsuit purchase. Before you start to shop around, you need to get an answer to the question of where you will be using the wetsuit. You need to find out the water temperature of the place where you will be using the wetsuit, no matter you are looking to surf or to go for the underwater adventure. If you have a particular time of the year that you will be going to explore the water, then you will need to note down the temperature of the water during that period.



If you are a person who would be traveling to enjoy the water, then opting for a 4/3 full wetsuit is the best option. This is the suit that covers most of the water temperatures around the world. After knowing your water temperature, you should now choose what is important to you depending on how much you are involved in water sports and the money that you are willing to spend on the wetsuit.