Since our pool closed in mid-March, swimmers and coaches from our team have been participating in small-group open water swim practices at Tobay Beach (south shore on the bay side off Ocean Parkway) while maintaining social distancing guidelines. Preparing for [cold] early season open water swimming is no different than going skiing or being outdoors in the winter: you dress appropriately. If you don’t already own a full wetsuit and peripherals, following is what you will need (with additional recommendations) to stay warm and enjoy your early season open water swimming experience with our team.

**NEEDED:**
> A “full” wetsuit: long sleeves, full/long legs, minimum 3mm thick (preferably 5/4/3mm).
> Neoprene cap worn over 1-2 swim caps (preferably a thicker silicone swim cap).

**RECOMMENDED:**
> Gloves and booties, which can be constructed of part neoprene and other material.
> Open water swim safety buoy.
> A lycra hoodie worn over your swim cap and under the neoprene cap. A hoodie will extend down to your neck, provide more warmth, and also aid in preventing wetsuit neck chafing.
> Ear plugs suggested to keep cold water out of your ears to avoid “brain freeze”.
> BodyGlide recommended to prevent wetsuit chafing around your neck.

Shop around and compare prices to get the best deal. Most of the following manufacturers and websites are offering 30-50% off wetsuit sales right now. Additional links for peripheral gear below wetsuit links.

***Xterra Wetsuits Weekly Special Sales***
https://www.xterrawetsuits.com/pages/weeklyspecials

***Wetsuit Wearhouse Discount Wetsuits***
https://www.wetsuitwearhouse.com/

BlueSeventy Wetsuits & Gear
https://www.blueseventy.com/

TYR (simply do a site search for wetsuits)
https://www.tyr.com/

SwimOutlet (simply do a site search for wetsuits)
https://www.swimoutlet.com/

SwimOutlet Open Water Gear Guidelines:
https://www.swimoutlet.com/guides/how-to-stay-warm-in-cold-water

Booties:
https://www.swimoutlet.com/mens-surf-booties-c9299/

Gloves:
https://www.swimoutlet.com/neoprene-gloves-c15169/

Open Water Swim Safety Buoy:
https://www.newwaveswimbuoy.com/