

WETSUIT DONNING GUIDE

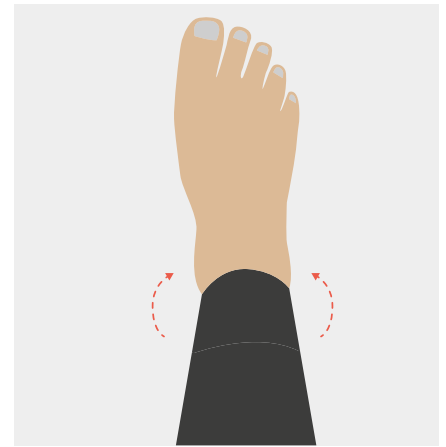
Before donning the suit ensure nails are trimmed and jewellery is removed to avoid tearing of seals.



Step in and once your toes appear through the end of the ankle seal, roll the seal back over your foot until the seal is completely inside out.



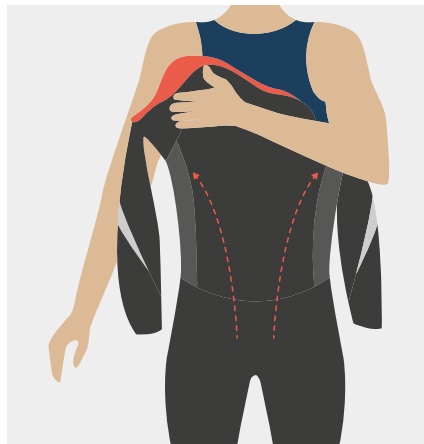
Carefully put all your fingers inside the rolled ankle seal and ease over the ankle. Leave rolled and repeat for opposite side.



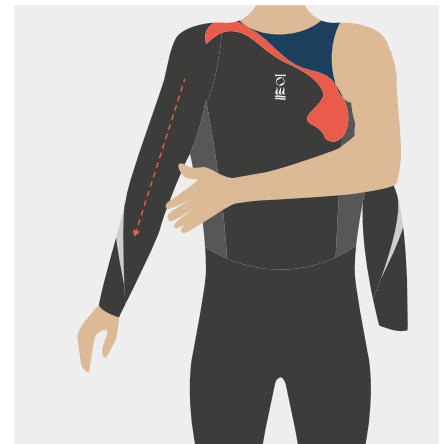
Pull the legs right up getting the suit to your waist. You can now roll the ankle seal down or do this last, once entirely in the suit.



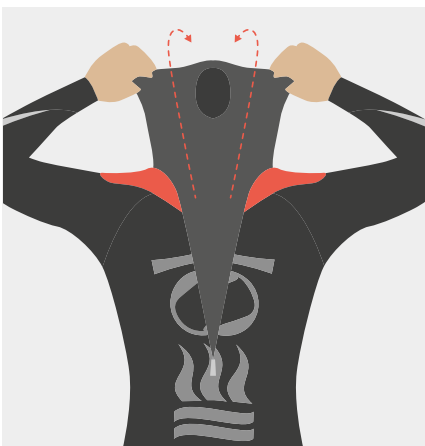
Ensure the legs are comfortable and untwisted whilst the suit is at your waist.



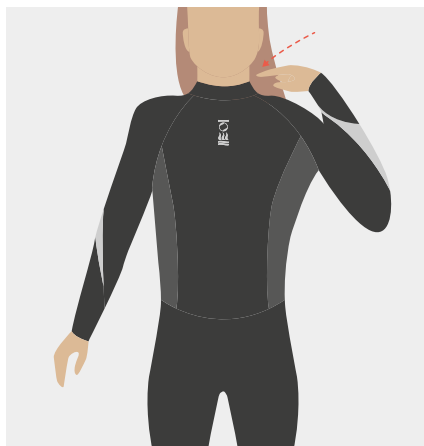
Pull the suit up evenly as far as you can before you put your arms in. Ideally the suit should be right up to your armpits.



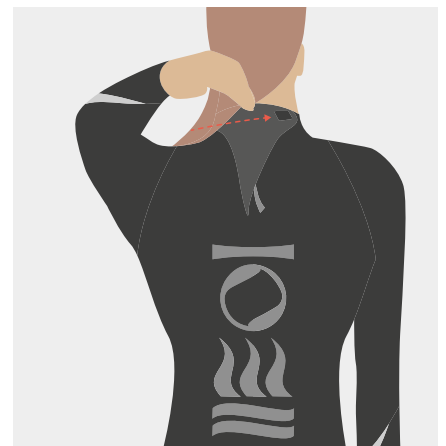
Put one arm at a time into the suit. Take your time to roll out any wrinkles in the sleeves.



If your wetsuit contains a neck seal: Pull the neck seal up and then over your head. Adjust until comfortable, this will ease slightly with use.



If your wetsuit contains a neck seal: Tuck in the bib part at the front ensuring it is nice and flat before you zip up.



Zip the suit up and adjust the outer collar neck seal for comfort and to reduce water ingress.