MALAHIDE
SEA SCOUTS

Fashion Essentials on the Water

CLOTHING & ACCESSORIES *'TO ABSOLUTELY LIVE FOR'*

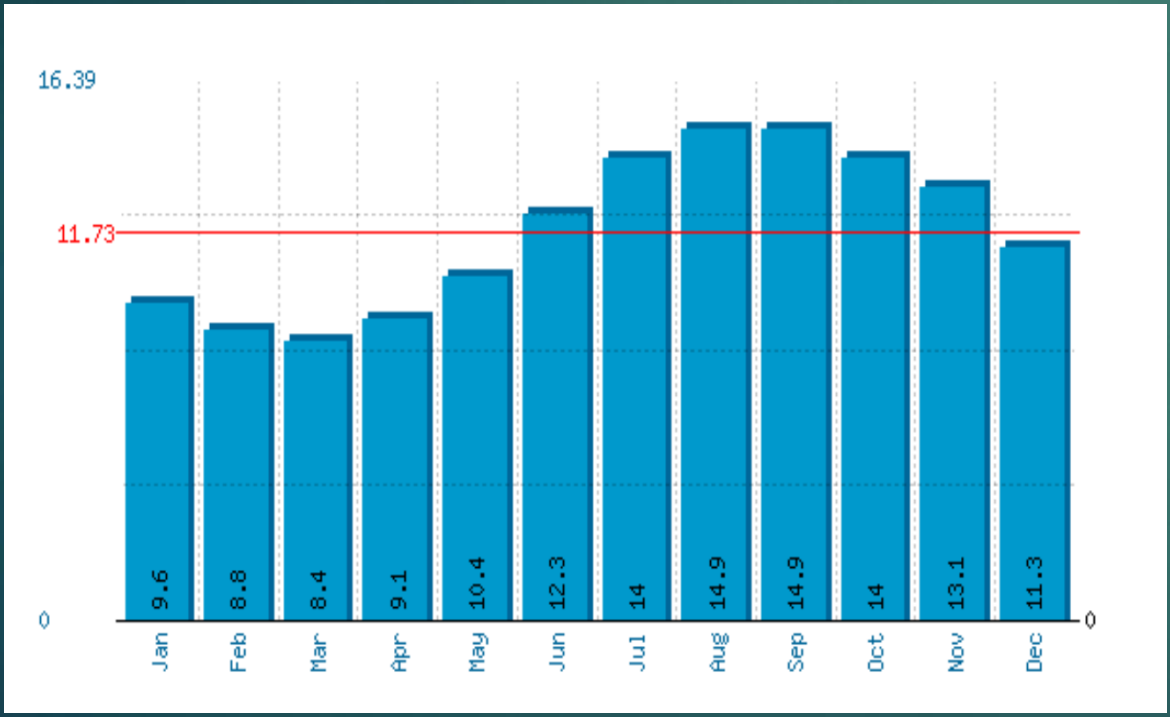
On the water

How we imagine it

How it often is

Where we live

- Annual Average Irish Surface Sea Temperature 11.73 ˚C



- Hypothermic Survival Thresholds
- Water < 15˚C induces 'cold shock' drowning risk 2-3 minute threshold on this
- Hypothermia initiated by 2˚C+ drop in core body temperature
- Rate of onset impacted by biological factors (body fat, fitness) and clothing
- 15-20 minutes before heart and internal organs cool. Skin and muscle temperature cools faster impacting on survivability
- Young people tend to cool faster (less body fat)

Wear to Live

Clothing and Personal Equipment

Comfort

Protective clothing and footwear appropriate to conditions

Safety

Essential personal safety equipment to ensure things go right

Survival/Rescue

Essential survival/rescue equipment for when things go wrong

Comfort

Wind chill & cold water mean there are few days in Ireland we can safely go on the water without protective clothing

Bright Colours

Layers-Fitting-Combination (Cagoule)-Thermal Headgear-Gloves-Sunglasses (Glare)-Sun Protection

Comfort

Layers-Fitting-Combination (Cagoule)-Thermal Headgear-Gloves-Sunglasses (Glare)-Sun Protection

Helmet

Whistle-Light-Reflective Strips-Crotch Straps

Safety

PFD/Lifejacket non-negotiable

10 Newtons =

1 Kg Flotation

Face-Up/Face-Down

Swimmers Sheltered Waters Help Close

Sheltered/Calm Inshore Waters Wait for Rescue

Offshore Waters Rough Weather

Offshore Waters Extreme Weather

Survival/ Rescue

Having what you need to hand when things go wrong

Mooring Lines

Fenders

Anchor & Warp

Boathook

Bailer

Bilge-pump

Survival/ Rescue

Having what you need to hand when things go wrong

Oar/Paddle

Compass

Hand Compass

First Aid Kit

Distress Flares/Smoke

Kill-Chord

Survival/ Rescue

Having what you need to hand when things go wrong

Torch

Throw-Bag

Rescue-Knife

VHF Radio

Mobile Phone

Dry-Bag

Watch