

# Wild Swimming Retreats at Dhanakosa:

## What wetsuit do I need?

### **The cheap option**

If you don't have a wetsuit and don't know how much use you will get out of one, go for a budget 2mm or 2.5mm shortie wetsuit (with t-shirt length arms and short length legs). These are cheap (typically between £25 and £35 at the bottom end), and perfectly serviceable for shorter swims in summer conditions. They are most suitable for breaststroke swimmers and also adequate for people who swim a little front crawl as well.

If you are concerned you will get cold, a full length 2mm to 2.5mm wetsuit is also an option. You could also try a neoprene vest top for additional thermal insulation. But remember this will also add to your buoyancy so it is a more appropriate option for stronger swimmers who are used to a more horizontal swimming position in the water.

### **Is it worth getting a swimming wetsuit?**

Swimming wetsuits or triathlon wetsuits are typically more expensive, they are tighter to the body, and offer less drag to the swimmer. They are normally designed to put you in a good swimming position in the water (particularly if you are already a stronger swimmer who is used to a more horizontal position in the water). But they are also harder to get on and off and are easier to damage. Generally they cost anywhere between £100 and £160 for an entry level option. Having said that, they will massively increase your confidence and range in cooler waters. So if you think you will get the use of it, then they are worth it. But you don't need this sort of kit to enjoy your retreat. Decathlon has a range of entry level options, Alpkit, Zone3 and Orca are mid-higher end brands.

### **What not to get**

Don't get full length general watersports wetsuits of over 3mm – these are designed for activities like paddleboarding and surfing, not for swimming. Although these will keep you warm, they are very difficult to swim in even for relatively strong swimmers. They tend to restrict movement and, if you are a head-up breaststroke swimmer you will not be able to get the right body angle in the water. Which can be frustrating.

### **Is it worth hiring a wetsuit?**

Hiring a wetsuit is an option. Particularly if you want to try a more expensive wetsuit before you decide to buy one. But generally speaking you will pay as much to hire a wetsuit as it costs to buy a cheap shortie wetsuit. You can hire general water sports wetsuits in Callander from [rolloutdoors.co.uk](http://rolloutdoors.co.uk) Or, for better quality swimming wetsuits try [mywetsuithire.co.uk](http://mywetsuithire.co.uk)