

# HLM South Shore Youth Rowing

## Open Water Rowing

# Summer Clothing and Food

### Mandatory Every Day

- ❑ HAT (with brim)
- ❑ Funky Shoes
- ❑ SUN BLOCK
- ❑ WATER WATER WATER WATER

### Optional

- ❑ T-shirt/tank top
- ❑ Shorts
- ❑ Loose, long-sleeved something (to protect from cool evening breezes, scorching late afternoon sun, and all-day bugs)
- ❑ Bathing Suit
- ❑ Towel
- ❑ Water Shoes (ideally, reef walkers - imperfectly, teva-type sandal)
  - Bare feet are banned at the boathouse, on the beach, and in the boats
  - Flip-flops or other open-backed sandals are likewise inappropriate
- ❑ Snacks
- ❑ Backpack or dry-bag for all of your stuff

Do not underestimate the power of the sun's heat or the evening's cool. The climate can be peculiar on the water in the summer. The best plan is to have a well-stocked pack with you at all times with a dry change of clothes that compliment what you have worn in the boat. **Warm socks** are especially nice if chilly air catches up with us.