

# Your Gear

Below are suggested items for different weather we may face. These aren't required but will make your life much easier! Clothing may be loose-fitting, but avoid baggy clothes that will interfere with your rowing form. If you have any concerns about clothing ask the JV and Varsity Rowers what they suggest. They are your best resource for information.

Always have running shoes with you. Even once we are on the water, you may be required to run/erg, so you will need to have running shoes available throughout the season.

Always assume we will be going outside and have the correct clothing to do so.

FYI: team "spirit wear" is usually offered for purchase at a discount early in the season. This includes Gortex shells and fleece pullovers with GA Crew Team logos.

## Indoor/Land Workouts

- ⇒ Spandex shorts (can wear small shorts over)
- ⇒ Short sleeve layer (t-shirt is ok, but not too baggy)
- ⇒ Long sleeve t-shirt may be helpful for warm-up and cool down
- ⇒ Something warm for before and after workout (sweats ok; this should be something you can stretch in)
- ⇒ Cotton/athletic socks are fine for indoor workouts

## Cold Weather

- ⇒ Spandex tights (or something similar - not loose and preferably not cotton)
- ⇒ Long sleeve top (not loose and preferably not cotton)
- ⇒ Wool/fleece socks (ski socks are great!)
- ⇒ Waterproof/windproof outer shell
- ⇒ Fitted fleece pullover (much warmer than a cotton sweatshirt and if it fits snugly you will be able to row much more easily)
- ⇒ Warm hat (fleece or wool is best)

## Warm Weather

- ⇒ Sun block!
- ⇒ Spandex shorts
- ⇒ Tank top/short sleeve layer
- ⇒ Long sleeve layer for warm up or while sitting out
- ⇒ Flip flops or similar slip-on shoes/sandals
- ⇒ Cotton/athletic socks are fine once weather warms up

## Optional Items

- ⇒ Baseball hat
- ⇒ Headband/hair elastic (something to keep hair out of face)
- ⇒ Sunglasses (inexpensive in case they go overboard)
- ⇒ Waterproof boots/wellies (especially nice in early spring)