



# Guildford Rowing Club

## Junior rowing kit recommendations

Christmas is around the corner and rowers and their parents often ask what sort of kit should be worn.

There are two types of kit to consider, training and racing, though there will clearly be overlap.

**Training:** The key thing is warmth, water resistance and comfort. The solution is the layered approach, layers of thin close-fitting non-absorbent sports material topped with a water resistant outer, hats and pogies as appropriate. Here is some of the specific kit that my girls wear, but there are many similar versions and brands available, and of course boys versions of all of these items. I have added links but these can change at the drop of a hat, so apologies if they become invalid.

Base-layers are available from many suppliers, Sports Direct for example currently have many available at reasonable cost, including a yellow Sondico version



[Sondico base layer](#)

Running kit is also very suitable for training, t-shirts, tops and leggings



[Karrimor running T shirt](#)

[Karrimor leggings](#)

[More mile top](#)

As we move into winter, cold and wet become more significant, so keeping the core warm is vital, and hats/beanies, pogies and waterproof socks will help keep the extremities warm in poor conditions. Some examples are:



[Crewroom-Pogies-Sculling-And-Rowing](#)



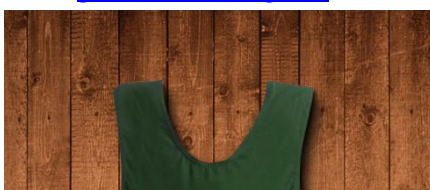
[SealSkinz waterproof socks](#)

In addition to this kit, much of which can be used when racing we also recommend you start to invest in official Guildford Rowing Club racing kit with the goal of building consistency and a team identity. When racing you should be clearly identifiable as GRC crews, and aim to wear the same kit as the rest of your crew.

**Recommended racing kit**

- **Racing all-in-one**, if you watch international rowing you will see that nearly all competitors wear all-in-ones.
- **Baselayer**, in cold weather you may wish to add a yellow baselayer (short or long sleeved). Either Hugga version shown below or something like the Sondico above.
- **Splashtop/Gilet**, in cold weather you may wish to add a fully water/wind-proof splashtop/gilet, good on and off the water, as shown on next page.

[guildford-rowing-suit](#)



[guildford compression top](#)



[Guildford-gilet](#)



[Guildford-splash-jacket](#)



Our new supplier of Guildford Rowing Club kit is Hugga, and they have developed what we feel to be high quality racing kit.

<http://hugga.com/collections/guildford-rowing-club>

There is no longer any need to make group orders, so you can order at any time. Hugga are trying to grow their business, so they are very happy to get feedback from clubs and customers. If you have any comments or feedback, please do contact me, or copy me [dskalrowing@gmail.com](mailto:dskalrowing@gmail.com) on email correspondence if you wish.

**IMPORTANT**

The Hugga racing kit is costly, but it is specially designed and high quality. **It is vital that you are confident about sizing when ordering these items since they are made to order and cannot normally be returned. With this in mind it is a very good idea to seek out someone who already owns one, and try it on for size.**

It is understood that rowers will gradually develop their rowing kit, and we do not demand that you buy everything immediately, particularly if you are still growing rapidly.

Please do follow the advice on Training kit, you will not be allowed on the river in unsuitable clothing, and if you get too cold and wet, you will have to come off the river, shortening your and possibly your crew's outing.

When racing please make an effort to wear the same kit as the rest of your crew, preferably all-in-ones, because it looks smarter and helps build a team identity.

If you have any questions please email me, [dskalrowing@gmail.com](mailto:dskalrowing@gmail.com)

Or catch me at the club.

David Stevenson