

## 2025 Riverfront Rowing



I am sure many of you are asking: "**Just what the heck do I wear to row outside in the spring in the Northeast?**" Great question! Here are some important guidelines:

- First and most important, athletes need to **AVOID** having cotton against their skin. Cotton soaks in sweat and water and will act as air conditioning while moving in the boat--the last thing we need in the cold.
- The layer against the skin should be a long sleeve coolmax, technical fabric type material, similar to Under Armour. One can purchase these items at Savers, Target, etc. You do not need to get anything expensive.
- The next layer can be another larger technical fabric shirt, thermal shirt, light sweatshirt type pull-over.
- The outer layer should be a wind/water resistant/proof jacket.
- winter hat
- For the legs, spandex shorts should be against the skin. Some athletes like the spandex leggings and some do not. If you do not like the leggings, you will need a pair of sweatpants to wear. Once in the boat, you can pull them down to your ankles and they won't be in the way.
- winter socks
- on colder days, winter gloves could be worn while carrying the boat. Gloves cannot be worn while rowing because you will not be able to get a good feel for the oar. Pogies can be purchased if you would like. They are available here and at other suppliers: <https://rowingstore.row2k.com/product/sxs-setpogies/>
- sunglass (required if you are coxing)
- water bottle
- old sneakers

Again, you do not need to spend a lot of money on these items. These can all be purchased inexpensively at Target, Dicks, Savers, etc.

Athletes deemed to not have sufficient clothing for the days weather conditions will not be permitted to row on the water. While we do have some extra layers for the occasional oops, we cannot supply everyone.

If you have any questions, please always feel free to reach out.

