

CTPC Clothing Recommendations for various temperature conditions

Air Temp. deg-F	Water Temperature deg-F										
	30	35	40	45	50	55	60	65	70	75	80
0	30	35	40	45	50	55	60	65	70	75	80
5	35	40	45	50	55	60	65	70	75	80	85
10	40	45	50	55	60	65	70	75	80	85	90
15	45	50	55	60	65	70	75	80	85	90	95
20	50	55	60	65	70	75	80	85	90	95	100
25	55	60	65	70	75	80	85	90	95	100	105
30	60	65	70	75	80	85	90	95	100	105	110
35	65	70	75	80	85	90	95	100	105	110	115
40	70	75	80	85	90	95	100	105	110	115	120
45	75	80	85	90	95	100	105	110	115	120	125
50	80	85	90	95	100	105	110	115	120	125	130
55	85	90	95	100	105	110	115	120	125	130	135
60	90	95	100	105	110	115	120	125	130	135	140
65	95	100	105	110	115	120	125	130	135	140	145
70	100	105	110	115	120	125	130	135	140	145	150
75	105	110	115	120	125	130	135	140	145	150	155
80	110	115	120	125	130	135	140	145	150	155	160
85	115	120	125	130	135	140	145	150	155	160	165
90	120	125	130	135	140	145	150	155	160	165	170
ACA Rule: If water temperature is below 60-F or if Air + Water temperature is below 120-F extra protection is needed.											
Recommended clothing for healthy adults. Those with added risk factors should modify accordingly.											
	Risk of hypothermia with brief immersion - recommend drysuit, heavy insulation and extreme precautions.										
	Risk of hypothermia with short immersion - recommend wetsuit or drysuit with good insulation and wind protection.										
	Risk of hypothermia with moderate immersion - recommend wetsuit with windbreaker or hydroskin with dry top.										
	Risk of hypothermia with moderate immersion - recommend light neoprene or hydroskin body suit and windbreaker.										
	Risk of hypothermia with extended immersion if inactive - recommend body core protection, windbreaker as needed.										
	Negligible risk of hypothermia - risk of hyperthermia with heavy activity, recommend light clothing, hydration, sunscreen										
Remember: Get good training. Carefully assess risks. Never paddle alone. Prepare a float plan and leave a copy with a friend.											

Guidelines prepared by CTPC-LLC from a variety of sources and offered as one component of a complete training program.