

Surfing

Day session. Match wetsuit to water temp using the table at the bottom.

NAVIGATION

- Phone
 - Charged
- Tide checked
- Swell / wind forecast checked
- Watch
 - Charged

SUN

- Sunscreen (reef-safe, SPF 50+)
- Lip balm with SPF
- Sun hoodie / rash guard
- Aloe (for after)

INSULATION

- Wetsuit (per temp table)
- Booties (per temp table)
- Gloves (per temp table)
- Hood (per temp table)
- Boardshorts / bikini

SAFETY

- Leash check
 - Cord (no cracks)
 - Swivel spins freely
 - Velcro holds
- Ear plugs
- Helmet (reef / heavy break)
- Key stash (lock box or waterproof case)

EXTRA

- Surfboard
- Board bag
- Fins + fin key
- Wax + comb
- Ding repair (Solarez)
- Towel / changing poncho
- Water (1L+)
- Electrolytes
- Snack (post-session)
- Dry bag (phone, wallet, keys)

WETSUIT BY WATER TEMP

WATER TEMP	WHAT TO WEAR
72°F+	Rash guard or boardshorts
65–72°F	2mm shorty or 3/2 fullsuit
60–65°F	3/2 fullsuit
56–60°F	4/3 fullsuit
52–56°F	4/3 fullsuit + booties
48–52°F	5/4 fullsuit + booties + gloves
< 48°F	6/5 sealed fullsuit + booties + gloves + hood