
BOATING
CENTRAL

Boating Central Geelong

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Inshore Sailing

Inshore sailing, often the type of sailing done in regattas, takes place in open water, but you're still close to shorelines and in protected waters.

Coastal Sailing

Coastal sailing takes place for an extended duration alongside, but not far removed from shorelines. Sailors should be prepared for a variety of conditions.

Ocean Racing

Offshore sailing requires the most durable and protective gear of any type of sailing. Be prepared for tough conditions and extreme exposure.

Layering

1. Next to skin
2. Mid layers
3. Outer Layers

Typical Layering

1 Next to skin Layer

- Essentially anything that has the ability to wick moisture away from the body and has good thermal qualities

- Hydrophobic tops or thermal underwear have good moisture wicking qualities

- Anything cotton based is not appropriate and can absorb 25 -50 % of its weight in moisture

Wool vs. Synthetic

Wool	Synthetic
• Wool is a natural fibre • Good for all climates • It is naturally odour resistant. • 100% natural and biodegradable • Wool is not as durable as synthetic	• Synthetics don't absorb water and dry quicker • They are not naturally odour resistant unless treated with an anti-micobial coating • Synthetic are more durable

Examples of Next to Skin Layers

Musto MPX Active
Base Layer RRP $200

XTM Merino Women's Zipneck Base Thermal Top

An effective base layer should

- trap air next to the skin,
- minimising the loss of body heat.
- Note-Perspiration also transmits heat u faster than air.

- That's why a base layer needs to be
- breathable,
- wicking
- fast-drying:

- merino wool and thermal fleece are idea Choose highly wicking and mildly insulat engaging in aerobic activities in cold wea

Typical Layering

Thermal Mid Layer

- Designed to be worn over a base layer and under an outer layer.
- The mid layer is designed to trap heat in close to the body
- Usually breathable to allow moisture to pass through
- Constructed from fibres that do not absorb water, they dry quickly and keep you warm

Examples of Mid Layers

Zhik Womens Cell Insulated Jacket

RRP $275.00

Zhik Womens Hybrid Fleece Jacket

RRP $159.95

Helly Hansen Women's Mid Layer Jacket

Helly Hansen Women's Crewinsulator Jacket

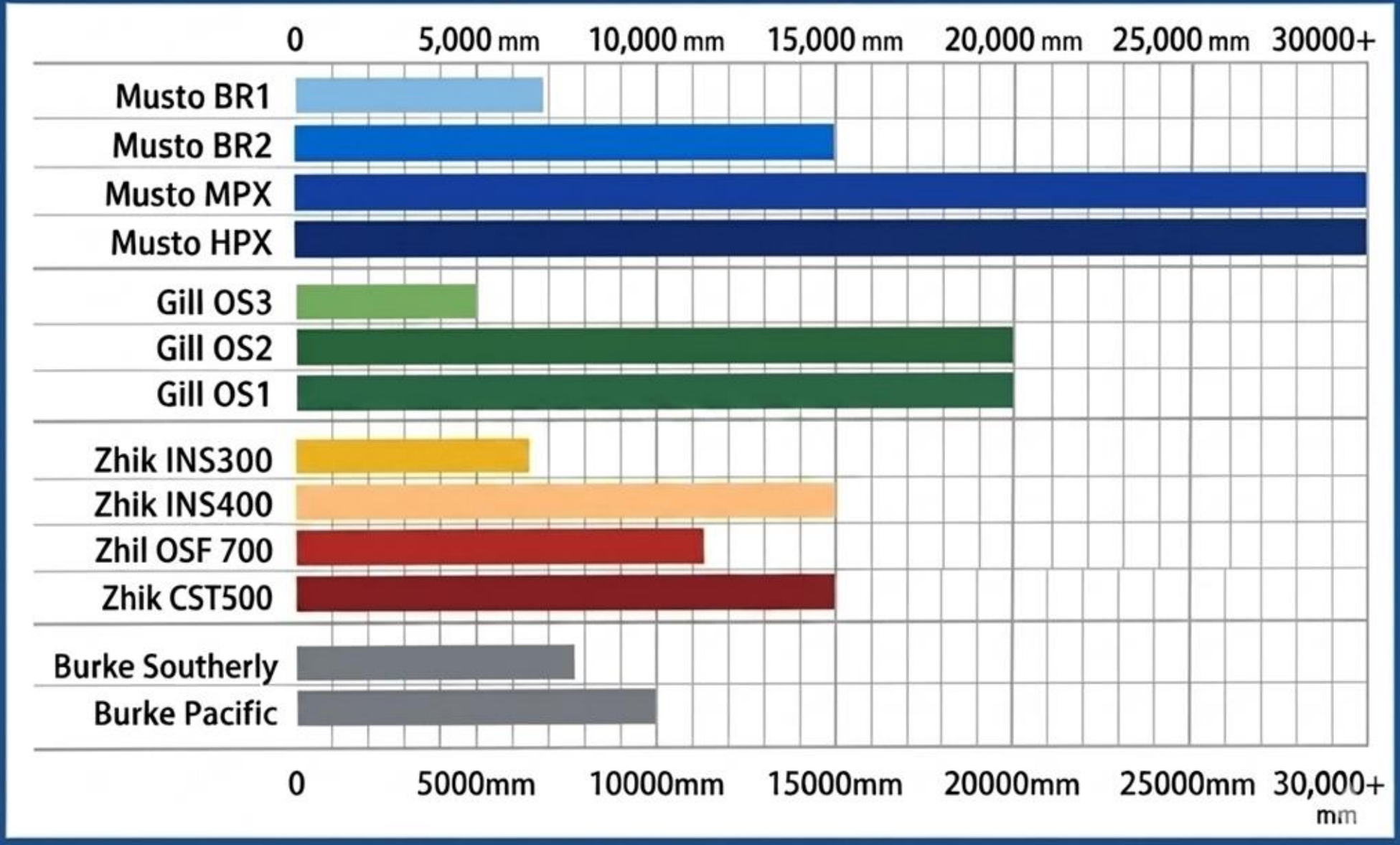
Typical Layering

3 Outer Layer

Typically, most brands will categorize into three levels 1) Inshore 2) Coastal 3) Offshore

- The outer layer is the real protection from the elements
- It has to be 100% waterproof and windproof. Nearly all the gear these days is breathable . This allows moisture trapped in the middle layers to get out to the open air.
- Most coastal and offshore gear has features designed to stop water getting in. These include:
- Double wrist cuffs
- Double storm flap over the zip
- Ergonomic reflective hood with peak

Waterproofness Comparison



Examples of Outer Layers

Gill Women's OS33 Coastal Jacket

RRP $414.95

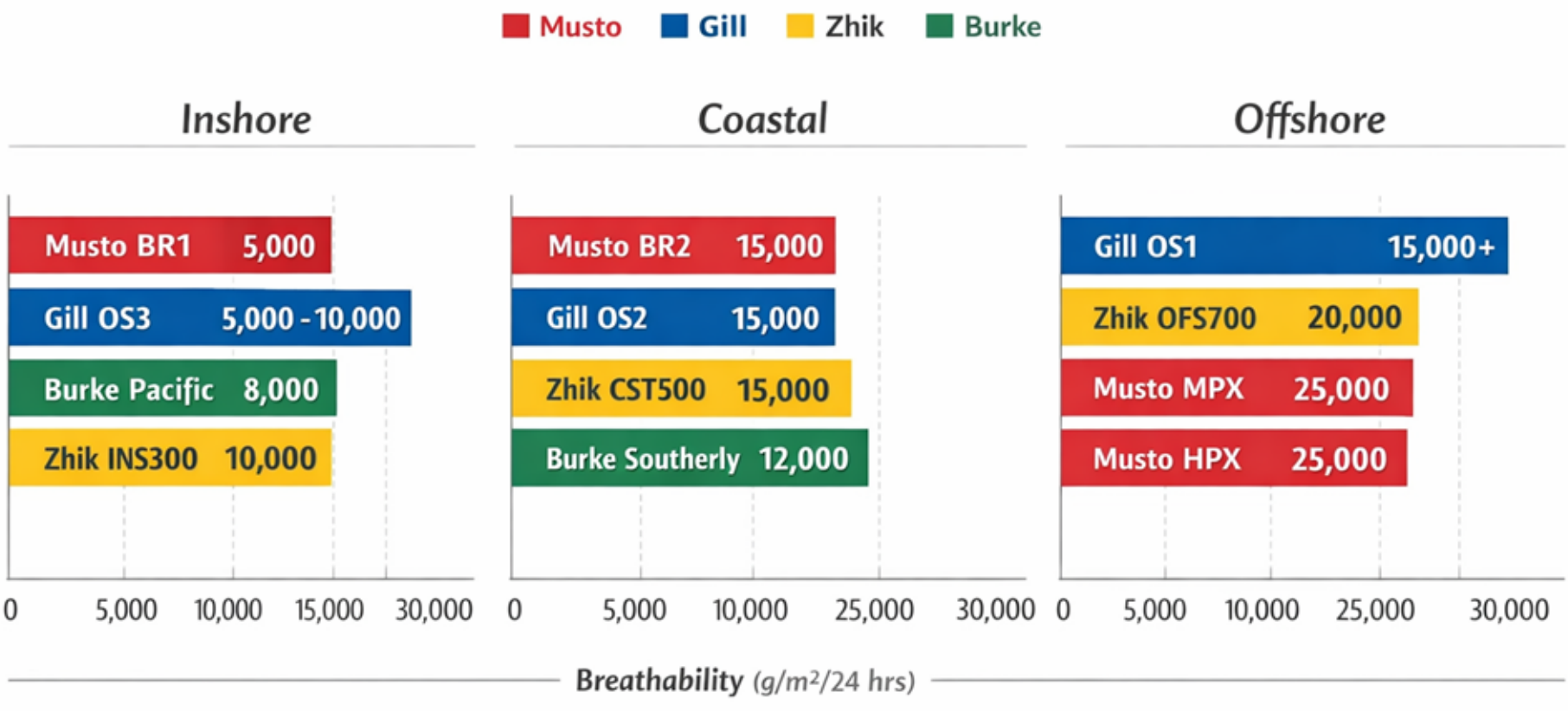
Zhik Womens OFS600 Offshore Jacket

RRP $479.95

Musto Women's BR2 Offshore Jacket

RRP $750

Musto Women's BR1 Solent Jacket


Musto
Gill
Zhik
Burke
Inshore
Musto BR1 5,000
Gill OS3 5,000 - 10,000
Burke Pacific 8,000
Zhik INS300 10,000
0
5,000
10,000
15,000
30,000
Coastal
Musto BR2 15,000
Gill OS2 15,000
Zhik CST500 15,000
Burke Southerly 12,000
0
5,000
10,000
25,000
30,000
Offshore
Gill OS1 15,000+
Zhik OFS700 20,000
Musto MPX 25,000
Musto HPX 25,000
0
5,000
10,000
25,000
30,000
Breathability (g/m²/24 hrs)

In simple terms:

- It tells you **how many grams of water vapour can pass through 1 square metre of fabric in 24 hours**.

Example:

- **5,000 g/m²/24 hrs**
  → 5,000 grams (5 litres) of moisture can escape per square metre per day

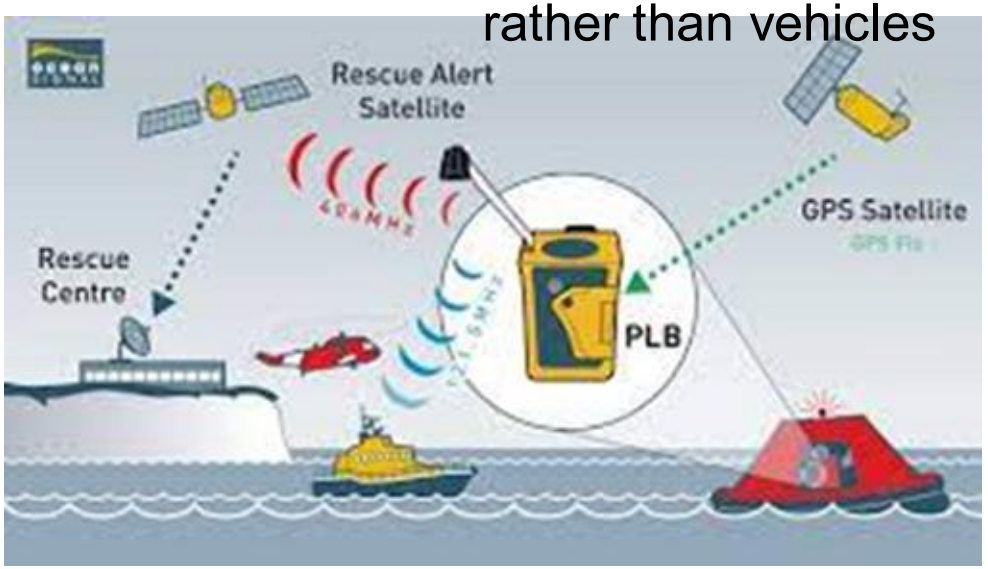
Don't Forget the Extremities!

Personal Floatation Devices

PBL'S

Personal Locator Beacon

PLBs are smaller and easier to transport than other beacons, and are designed to be worn or carried by individuals rather than vehicles



AIS

Automatic Identification system

The MOB1 is intended to be installed within the life-jacket and will activate automatically on inflation, sending the first alert within 15 seconds.

The MOB1 is waterpoof to 10 metres.

The integrated strobe light ensures maximum visibility in low light conditions.

The MOB1 communicates with the vessel you have been separated from and other vessels in the vicinity (up to 5 miles range dependent on conditions).

Why we are involved:

- Help get more people on the water
- Increase women's participation in sailing
- Promote our expanding range of women's sailing gear into the market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