



## Using and Caring for your Triathlon Wetsuit

- Put a plastic bag on your hands and feet when putting on the suit.
- Apply body glide or similar product onto your wrist and ankles to assist with taking the off the suit.
- Apply body glide or similar product to the back of neck to prevent chafing.
- Do not use a petroleum based produce with the suit.
- Some people unfamiliar with a triathlon wetsuit report that they feel like the suit is restricting their breathing. This feeling usually passes after the first swim or two, for this reason I recommend swimming in your local swimming pool a time or two before taking the suit to open water. That said it is important to completely rinse your suit to get the chlorine off of the suit after your swim.
- After each use, rinse the suit and lay it flat or use a padded clothes hanger. Do not leave it balled up in your car until the next race.
- Care should always be taken to not tear your suit with your finger nails or ring when getting into and out of the suit. This is a suit specifically made for triathlon swimming and is not as durable as the wetsuit your own for waterskiing extra.
- You should be able to get out of your suit in 15-30 seconds. If it takes you longer than 30 second, you should practice your exit. If you still struggle getting out of the suit consider cutting an inch or two from the bottom of the legs of your suit.
- With care a triathlon wetsuit can last for several seasons.