



Earth Immersion – Wetsuit and Bootie and Purchasing Guide

Required items

Wetsuit

- We recommend a 5 mm full length wetsuit. A 3 mm full wetsuit may be sufficient for those who do not get cold easy, but a hood is recommended for use in conjunction with this suit. Another option is a 3 mm suit layered with a 2-3 mm shorty wetsuit.
- Wetsuit needs to fit snug, but not cut off blood circulation. The purpose is to keep a thin layer of warm water near the body and reduce cooler water moving in.
- Regardless of suit thickness, make sure it fits. Do not buy one that the camper will “grow into.” They will get chilled and will be uncomfortable if it does not fit well.

Dive/Wetsuit Booties

- The fins are placed over these and are worn when walking around pre- and post-dive. These need to have soles on them and are not neoprene socks.
- High top over low cut style is suggested as it provides better heel protection and warmth.

Hood (optional)

- Much of our heat is lost through our heads so a hood helps to maintain body heat.
- It should fit snug like a wetsuit.
- A hood is highly suggested if a 3mm full wetsuit is used.