



- Wear, if possible, a long-sleeved shirt and thick (woollen) socks
- The next layer is a thick thermal one-piece, which will keep you warm even in wintertime
- On top you will wear a survival suit, which is 100% waterproof dry-suit. The suit has a form-fitting encircling seal around the neck and wrists and waterproof zippers to prevent water from getting inside the suit
- You will also get neoprene gloves and a hood to keep your head dry
- A helmet will protect your head and a life vest your back, neck and rib case
- An instructor will follow you on a safety-boat



## Remember also to

- Pay attention to safety instructions
- Go feet first! That way you can see where you're going and control the float
- No alcohol before the ride!
- Relax and enjoy!

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