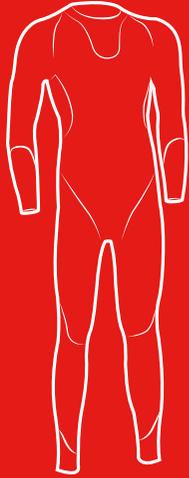




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WETSUIT FITTING



KEEP ME SAFE FOR FUTURE REFERENCE
DATE:

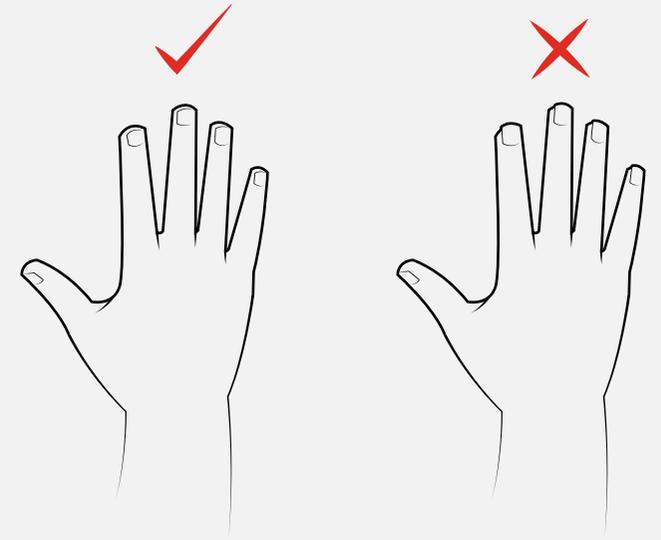
99% OF WETSUIT DAMAGE OCCURS WHEN TRYING ON.

Lotic swimming wetsuits use a type of neoprene designed to enhance your open-water swimming experience. This neoprene is delicate on dry land, especially when pulling it on. 99% of wetsuit damage occurs when putting on or taking off so make sure to cut fingernails and remove watches or jewellery.

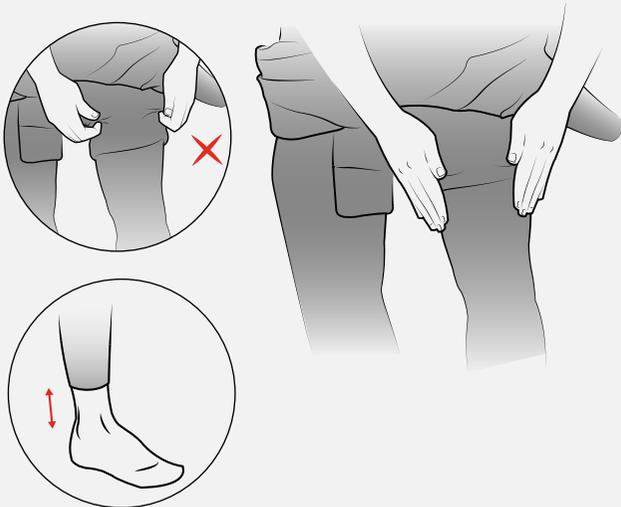
Please read these instructions carefully as we cannot replace or refund any damaged wetsuits.

FITTING

1. Trim your finger nails.



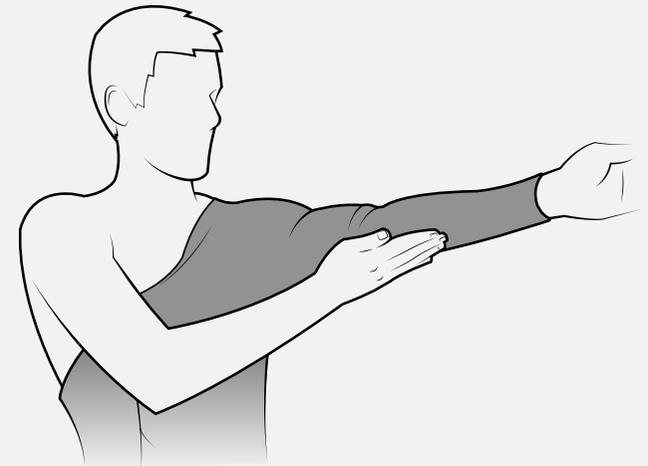
2. Feed the wetsuit as high up your legs as possible before attempting to pull it up your torso. The ankle cuffs should be a couple of inches up your leg before you ease the suit up the length of your legs.



3. Pull up the leg one at a time grasping the inside of the suit. Do not grasp the outside of the suit. Do the same with the other leg and get the suit as high into the crotch as possible by feeding the suit with your open palms (never finger tips).

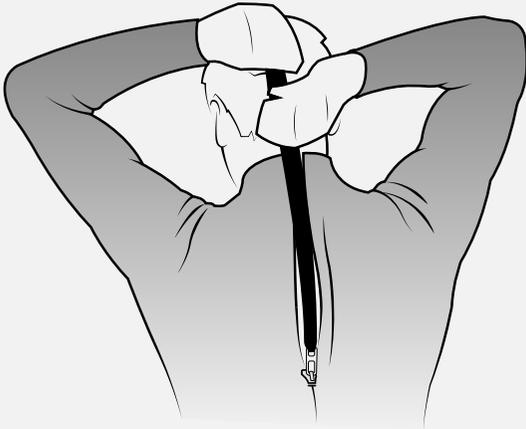


4. Pull the wetsuit up over the torso and fit the arms one at a time in the same way that you just fit the legs: pull the wrist cuff to a couple of inches up from the wrist bone and then work the neoprene up into the arm pit as much as possible. Never pull the outside of the suit with your finger tips.



5. Flex your shoulders back as you pull the zip up.

6. If necessary, bend forwards and gently pull the neoprene up from your stomach. Use the pads of your fingers!



DOES MY WETSUIT FIT?

- The wetsuit should feel 'comfortably compressing' when dry and may feel tight around the collar. In the water you want the wetsuit to fit as closely as possible to prevent water from collecting in the crotch and waist.
- The wetsuit needs to fit along the torso length and at the waist. If you can grab a few inches of neoprene from the zip when you are wearing it, it may be too big.
- Getting a wetsuit off is easier when it is wet. When trying to get your wetsuit off whilst dry, we found it far easier to pull the wetsuit inside out.

DON'T EVEN THINK ABOUT...

Sunlight - Neoprene is like a vampire: it doesn't like the sun.

Heat - Keep it out of the kitchen and away from anything else hot.

Surf wax - It sticks to everything and neoprene isn't any different.

Bleach, paint or dye - Are you crazy? stay away at all costs.

Iron - Hot iron and neoprene, let's think about this for a moment.

Washing machine and dryer - Sounds easier, but a terrible idea.

Petroleum Products - Don't use these with your suit, as it will damage the neoprene.

TOP TIPS

- Fingernails are hazardous to neoprene. It is imperative that you do your utmost not to impair the material with your nails; you may need to exchange it for a different size! Also, make sure to wear swimwear under your wetsuit for the same reason.
- It is advisable to trim and file your nails before attempting to try on your wetsuit. If you are still concerned, you can use gloves to help protect your wetsuit.
- When pulling the wetsuit up, try to pull from inside the suit- if this is not possible, ensure to use the pads of your finger tips- not the ends.
- The girls in Customer Service have found that working the wetsuit over your hips can be a bit of mission. So girls, be prepared for this when you put your suit on and just stick with it! You will be rewarded with glorious open water swimming.
- Try your wetsuit on when you are cool and remain calm! If you get hot and sweaty, it will be much harder to put on!

WETSUIT CARE AND REPAIR

- After each use, rinse your wetsuit thoroughly with clean water.
- Make sure your wetsuit is completely dry before storing.
- When storing your wetsuit, either hang on a rounded, wide-shouldered hanger; fold loosely and store on a shelf, or lay out flat. Do not stack other items on top of it.

Neoprene can tear if you catch it on something (like your nails). You can repair this using a neoprene glue like Aquaprene:

- Clean the damaged area of dirt and oils with wet wipes or a damp sponge.
- Generously apply your glue to the damaged area, ensuring a nice even spread.
- Leave the glue to set overnight for a strong bond.



If this product does not meet your expectations upon delivery or does not live up to the demands placed upon it, please return it within 3 years of purchase for repair, replacement or refund. If the problem is our fault then we will do this to your satisfaction, if it's your fault we will help the best we can!

Email: support@alpkit.com

Phone: 01773417007

Website: www.alpkit.com/support

CONTINUE THE JOURNEY

When your partnership with this product is over please don't leave it hidden in a cupboard, never to see another adventure. Wash it, pass it on, give to a friend, sell it, donate it to charity, make it into something else or recycle it and let someone else live their dream.



REPAIR STATION HACK, PATCH & SEW

In store service for your kit: alpkit.com/stores



CONTINUUM PROJECT

For more ideas on how you can extend the life of or donate your outdoor products visit: alpkit.com/continuum