



HOW TO BE HAPPY IN COLD WATER

Wetsuit information guide



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A MESSAGE FROM SEVENTHWAVE

Thanks for downloading this eBook and congratulations on your decision to become more knowledgeable about wetsuits and how to be happy in cold water.

Seventhwave wetsuits are very different to most other brands of wetsuits available today. Seventhwave wetsuits are made from Japanese Yamamoto limestone neoprene. The base element in the neoprene we use is calcium from limestone—an ingredient very different to the traditional neoprene commonly used for most wetsuit production, which has an oil or petroleum base. The calcium in our neoprene creates a very high micro-cell structure of around 94%, making it totally impervious to water. In other words, it does not absorb water, unlike oil-based neoprene which can double in weight after a few hours in the water. This also means a Seventhwave wetsuit is warmer and lighter than other brands, and will dry very quickly. If you hang it up somewhere with good circulation after use in the morning you'll find it dry and ready for reuse later the same day. All excellent features that give you maximum enjoyment and comfort for your chosen water activity.

The other major difference is the Seventhwave Custom-Fit service. This unique service ensures you get a wetsuit with the best fit for you—we totally personalize to your size and measurements. Because warmth in a wetsuit comes down to fit, the firmer the fit, the warmer the suit. You could have the most amazing wetsuit in the world, but if it's too big, or has loose fitting areas, you will not be at all warm in it. Our speciality ("claim to fame"), the Custom-Fit service, avoids this problem. If we have your completed custom order form with your measurements on it, we can make up any model from our range to fit you perfectly. We guarantee it and we've made thousands of wetsuits over the last 25 years and most of them are still being used today.

If you like what you read in this book and do decide to become a Seventhwave customer, we welcome you to our family and I want you to know you can be assured we will do our best to make your experience with Seventhwave memorable and that you get a great mileage from any of our gear that you choose. If you're a current customer, welcome back!



Paul Zarifeh
Seventhwave Wetsuits Ltd



PART ONE

INTRODUCTION

HOW TO BE HAPPY IN COLD WATER



Mike Fanning, New Brighton, Christchurch 2012

Cold water sucks. Yes, it does. But often the best conditions for water sports happen when it's cold. Plus there's something satisfying about the ritual of cold water activities. As Rob Gilley writes, "there's nothing on earth like scoring epic uncrowded waves with friends, putting on warm clothes, cranking the car heater, and then sitting in a wind-protected backyard with the sun warming your face." So, if you want to make the most of the best conditions and the lack of crowds—and be happy in cold water—you need to know how to deal with cold water and the issues that come with it.

We've written this e-book as a guide for anyone who is active in water sports and wants to maximize their water time and warmth in the water. Maybe you're considering getting into a new sport, or maybe you have been surfing for the last 30 years. You may be planning a trip to colder waters, or (as we are) just getting older and feeling the cold more.

This guide will show you how to make the right decisions for gear that will keep you warm and toasty no matter what conditions 'mother nature' throws at you. In *Part I* we cover the kind of wetsuit and accessories you'll need, and why the type of neoprene and the fit of your wetsuit matters. If you decide to invest in a Seventhwave wetsuit, *Part II* will guide you through the process, and provide feedback from some very happy people who have. Finally, we've got a handy *Bonus Section* with tips and tricks to maximise your wetsuit's life.

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1.1

WHAT IS COLD WATER?

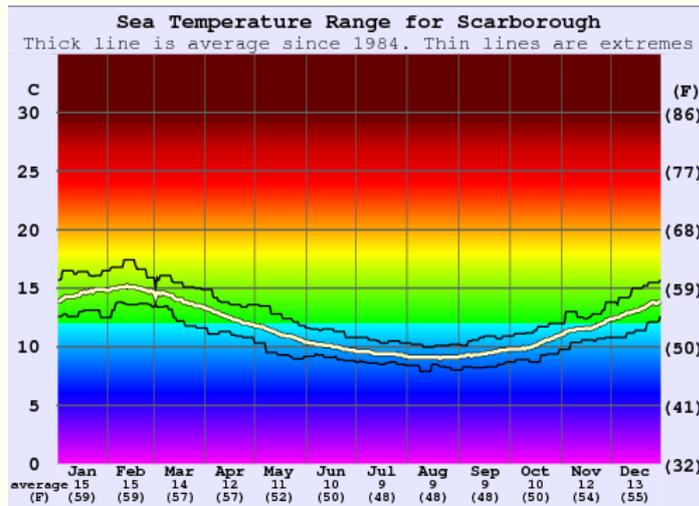
Even experts can't put an exact number on it—they estimate cold water is anything under 22°C (70°F). Which it would be if you were unexpectedly and suddenly thrown into the water. But it's a totally different story if you lived in British Columbia or Southland, New Zealand ("22°C, that's tropical!"). In our experience, cold water is when the water temperature gets to 14°C (57°F) or below. This the cold barrier.

Other factors that determine "how cold" the water is to you are:

1. The wind and weather conditions on the day.
2. Your own physical condition or stamina.

This is why everyone feels the cold differently—after all, we're not made like penguins! The human body operates best at 37°C (98°F); any lower than this and mild hyperthermia starts to set in. The first signs are cold hands, feet and then shivering—hardly ideal for happy sessions.

So in order to keep our bodies at the right temperature, we need gear to help us—a wetsuit, and more often than not, accessories.



If you are lucky enough to live in a warm water climate then you are very lucky indeed. For the rest of us, it is important to know how cold the water actually gets at our local break, in order to wear the right gear.

Above is a graph of our local break's annual water temperature variation (Scarborough Beach, South Island, New Zealand). As you can see the water temperature only gets over the cold barrier for 2 to 3 months of the year. So to be happy in this water, we're going to need different gear to someone surfing in much warmer water.

TIP: Find out your local water temperature on one of the many surf and weather websites. An easy one to use is <http://www.surfforecast.com>

1.2

WHAT KIND OF WETSUIT DO I NEED?

There's no two ways about it—to keep happy in cold water, you're going to need a wetsuit. However wetsuits are not the same. They are made differently and from different types of materials, which means there is a vast range of models and styles to choose from.

There are 4 things that in combination will give you the warmest wetsuit:

1. How it is constructed (type of seams)
2. Its coverage, thickness and design (style or model)
3. What kind of neoprene it uses (limestone or oil-based)
4. How well it fits you (baggy or firm fit; standard or custom-fit)

We'll talk more about 3 and 4 in the next two chapters. But first, let's look at why the construction of the wetsuit is so important.

1. CONSTRUCTION



Example of a sealed (blindstitched) seam

Wetsuits are usually constructed using one of two types of seams: a) **breathable seams**, or b) **sealed seams**. In cold water, sealed seams are a must if you want maximum thermal protection from your wetsuit.

As its name suggests, sealed seams are sealed tight to stop water leaking through. This is the opposite to breathable seams ('flatlocked' or 'overlocked'), which are designed to let in a small amount of water so that it can be heated between the wetsuit and the body. While a wetsuit with breathable seams is better than nothing, in cold water you ideally want to keep all the water out!

Sealed seams, sometimes known as glued and sealed seams (G&S or GBS), are usually sealed with glue and then sewn together (or 'blindstitched') to stop water coming through the seams. Some sealed seams are welded together ('welded seams' or 'lava seams'), or reinforced with a tape (sometimes called 'heat sealed' or 'melco tape'). The result is a water-tight stitch.

Whatever name is used, you need to find a wetsuit constructed from sealed seams and not breathable seams.

TIP: To test if a seam is sealed, tightly hold the arm of a wetsuit at the elbow. Blow into the wrist like a balloon and trap the air with your other hand. If it remains inflated, it's a sealed suit.

2. COVERAGE, THICKNESS & DESIGN



Wetsuits come in different styles and models, influencing their coverage, thickness and design.

Coverage is the amount of the body covered by a wetsuit. Generally speaking, the colder the water, the more coverage you will need. So a spring suit with short arms and legs is not suitable for cold water, as parts of the body are left exposed to the cold. Ideally you want a full suit (sometimes called a 'steamer') with long arms and legs to cover the entire body.

Thickness refers to the thickness (or weight) of a wetsuit's neoprene. The thicker the neoprene, the warmer you will be. Most cold water wetsuits use 3mm or 4mm neoprene (or more) in order to keep the body warm. However not all neoprene is the same—for example, a Seventhwave 3mm is just as warm as typical 4mm—so the type of neoprene will also affect the warmth (there's more on this in the next chapter).

Design can also affect the warmth of a wetsuit. For example, a neck entry or zip bib (ZB) suit (where you enter through the neck instead of the back) is warmer than traditional back zip wetsuits, because of their better seal and minimal use of leaky zips. Also, a wetsuit with a detachable or permanent hood (such as our Hooded MAX: <http://www.seventhwave.co.nz/shop/winterwetsuits/Mens/MAX+32+Ti+ZB+GS+Steamer+w ith+Interchangeable+Hood.html>) is going to be warmer than one without, due to their elimination of excess neoprene and water flushes.

TIP: The thickest part of a wetsuit is usually in the core or middle ie around the chest. So if a wetsuit says it is 4/3, this means its chest and back is 4mm thick, while its arms and legs are 3mm.

So in short, the best wetsuit for cold water is going to be a winter model: one that fully covers the body in the right weight of neoprene, has a neck entry, and as is made with sealed seams.

We now turn to the other important factors in a cold water wetsuit: **neoprene type** and **fit**.



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1.3

WHAT IS THE WARMEST TYPE OF NEOPRENE?

As we mentioned in the previous chapter, wetsuits are made from different types of neoprene—directly affecting the warmth of your wetsuit. There are two types of neoprene used in wetsuits: a) oil-based neoprene, or b) limestone neoprene. Neoprene can also be lined with wool, titanium or other materials in order to add warmth.

Seventhwave only uses limestone neoprene because it is considerably warmer than oil-based neoprene. In this chapter we explain why.

OIL-BASED NEOPRENE

Oil-based neoprene is the main type of neoprene in existence (see this handy neoprene guide for the history of neoprene, and more: <http://www.seventhwave.co.nz/technical/neoprene+info.html>). The core ingredient of this neoprene is petroleum, which means it has a relatively low air count (around 60-70% to be precise). As the main ingredient is a liquid, oil-based neoprene absorbs liquid—doubling the weight of the wetsuit after just a few hours in the water. And as you know, the more water there is in neoprene, the less warmth it will hold.

LIMESTONE NEOPRENE



The 1960s saw a new type of neoprene pioneered by Japan's Yamamoto Corporation. Instead of traditional oil-based neoprene, Yamamoto developed special technology to convert the calcium found in limestone into chloroprene rubber chips, producing limestone neoprene.

Limestone neoprene is warmer than oil-based neoprene because of its high micro-cell structure. These are independent closed cells (nitrogen bubbles basically) within the neoprene that are packed together at an extremely high density. While oil-based neoprene has a cell penetration of 60-70%, limestone neoprene has a 94% cell penetration. What this means in simple terms is that limestone neoprene has a lot more air bubbles inside the rubber than other brands (over 30%).

Because of all the nitrogen air bubbles inside it, limestone neoprene absorbs less water and is better for thermal insulation, making it considerably warmer than oil-based neoprene. More air in the neoprene = less water = more warmth.

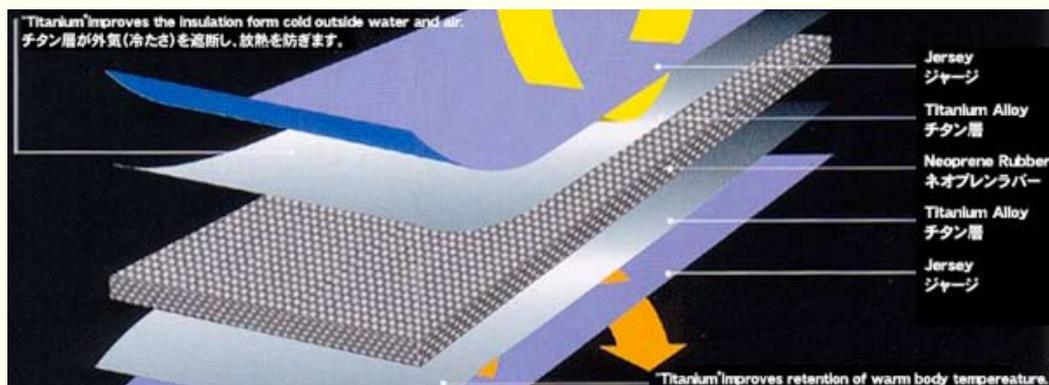
The best thing about the nitrogen cells in limestone neoprene is that you can wear a thinner wetsuit than you normally would without sacrificing warmth. This is why a Seventhwave 3mm wetsuit is as warm or warmer than an oil-based 4mm, because of the limestone neoprene it is made from.



Don't just take our word for it—read what the Advertising Standards Authority had to say about our neoprene: <http://www.seventhwave.co.nz/technical/neoprene+info/the+authority+on+neoprene.html>

TIP: Not all Japanese neoprene is made from limestone, so if a wetsuit claims to use Japanese rubber be sure to check if it mentions limestone. Also, companies have come up with their own terms for limestone neoprene, such as Geoprene or Bioprene.

TITANIUM ALLOY ALPHA AND OTHER LINING



The warmth of neoprene can be improved through the use of added linings. For example, some of our wetsuits have a lining of Titanium Alloy Alpha, which can make a wetsuit thinner while increasing warmth by up to 40%, as it reflects body heat back to the inside and at the same time repels cold on the outside.

We also use Aero Zirconium in some of our suits—a fluffy, wool-like material that is extremely warm and fast-drying. Its yarn has the ability to reflect infrared light transmitted from the human body back onto the body, creating double the warmth between skin and the fabric. As a result, it feels dry when submerged in water.

So when you're looking for your next winter wetsuit, make sure to check what kind of neoprene it is made from, and whether it has any kind of lining/s for added warmth.

TIP: Make sure your next wetsuit is made from limestone neoprene and Titanium-lined—you won't regret it!

1.4

WHY IS A CUSTOM-FIT CRITICAL FOR MAXIMUM WARMTH?

As well as a wetsuit's construction, style and neoprene type, how it fits also affects whether you will be happy in cold water. You can have the thickest, warmest, best made wetsuit money can buy, but if it doesn't fit you then it's a waste of time and money. This is because a correctly fitted wetsuit insulates and protects your body from the cold, while an ill-fitting wetsuit will flush water and then 'pool' in any air pockets, lowering your body temperature and making you cold... fast. Basically, a snug, firm fit all over is the ideal. The firmer the fit, the warmer the suit.

Because a good fitting wetsuit is critical in cold water, and because not everyone fits a size off the rack, Seventhwave offers a specialist custom-fit service to make sure your wetsuit will be the warmest it can be: <http://www.seventhwave.co.nz/custom-fit.html>

CUSTOM-FIT

A Seventhwave wetsuit Custom-Fit to your **22 unique measurements** is the most comfortable and warmest wetsuit you will ever own.

With most other brands your only option is a standard size, despite the fact that approximately a third of people don't fit a standard sized wetsuit. So if you want the best fit, maximum warmth and top performance then a Custom-fit wetsuit tailored to your 22 unique measurements is the best option.

Thanks to our custom-fit form, we don't even have to see you to make you your own custom-fit wetsuit. Whether your in Australia, America or Africa, by filling in our custom-fit form we can process your measurements and hand-craft a wetsuit to fit.



A Custom-fit suit for me meant not only was I more comfortable surfing, but I was a lot warmer too—there were no areas that let water in or sagged, and all the warmth was locked in”

- Matt Collier, Dunedin, New Zealand

TIP: A suit that feels firm on land will feel different in the water and after use, so it's better to have a firmer rather than loose fit when trying on a new suit. Remember, the firmer the fit, the warmer the suit.

1.5

DO I NEED OTHER ACCESSORIES? AND WHAT IF I CAN'T AFFORD A WETSUIT?

Will you need other accessories to be happy in cold water? In a word... yes. A good wetsuit will work to keep your core body temperature warm and operational but its the extremities that will still suffer the cold. There's nothing worse than numb feet when you're trying to surf!

Therefore gloves, booties and a hood are essential items for surfing colder waters. And if you are surfing in very cold water with not quite enough neoprene thickness to your wetsuit, you can use the layering method so many of our customers swear by, by wearing something underneath your wetsuit. This is also good if you can't afford a full length or sealed wetsuit.

COVERING THE EXTREMES: GLOVES, BOOTIES AND HOODS



Gloves: Gloves come in varied styles and thicknesses, including webbed gloves. We use FCS gloves and stock 2mm, 3mm and 5mm options. You're better off to get a firmer fit in gloves so that they don't get sloppy and heavy.



Booties: Again there are various models out there. It's best to go for a firmer rather than looser fit as your feet contract in the cold, but not too tight as your toes will suffer for it 30mins into the session. We recommend and stock FCS booties in 3mm, 5mm and 7mm.

Hoods: If your wetsuit does not have a hood attached you have a couple of different options to keep your head warm.

First, you can have a separate hood. Here at Seventhwave we have three models depending on your requirements:

0.5mm Modetec Hood. Very thin, Titanium lined and great if you wear a helmet. Can also go under other hoods.

2mm Ice Hood. Flexible and warm with a generous window. Made from 'smoothie' neoprene. <http://www.seventhwave.co.nz/shop/Lite+Gear/Ice+Hood.html>

3mm Arctic Hood. Titanium-lined 3mm super stretch neoprene and super warm, with a smoothie face seal for added grip. <http://www.seventhwave.co.nz/shop/Lite+Gear/Arctic+Hood.html>

The other option is hooded vests or tops:

Hooded Titanium Hot Top. These are magic as they are an all in one and the hood is attached to the top and then worn under your wetsuit. This works exceptionally well—as you don't get any water down your collar it doesn't get to your skin. <http://www.seventhwave.co.nz/shop/Lite+Gear/Hooded+Titanium+Hot+Top-2.html>

Hooded Vest. A 2mm neoprene singlet-style vest with an attached hood. <http://www.seventhwave.co.nz/shop/Lite+Gear/Hooded+Vest-2.html>

ADDING LAYERS TO YOUR WETSUIT

Although not as ideal as just one suit, wearing layers under your full wetsuit can increase warmth.

Kidney Belt: Just like a very wide belt (200mm) and velcro adjusted the kidney belt is worn against your skin and under your wetsuit. It gives you extra protection and even support. Great to have that extra layer around your kidney's especially on windy days with long waits between sets. <http://www.seventhwave.co.nz/shop/Lite+Gear/Kidney+Belt.html>

Titanium Hot Tops: The most amazing light gear for extra warmth in winter water temps. Made from 0.5mm neoprene with a Titanium lining on the inside against your skin. Light weight but very toasty and available in short sleeve or long sleeve and the Hooded Titanium Hot Top described above in the hood section. <http://www.seventhwave.co.nz/shop/Lite+Gear/Titanium+Hot+Top.html>

Vests: 2mm Sleeveless vests can be worn underneath or over the top of a suit, works in a similar way to a Titanium Hot Top but with less flexibility. <http://www.seventhwave.co.nz/shop/Lite+Gear/Lite+Vest.html>

Short John/ Tubesuit: As mentioned above the concept of layering with a shortjohn under your wetsuit for extra warmth works a treat for cold water. Being sleeveless it does not restrict your arm and shoulder movement and increases your core body temperature immensely. <http://www.seventhwave.co.nz/shop/summerwetsuits/Mens/Viper+Tubesuit.html>

TIP: Avoid using thermal clothing layers they only make you colder, especially if your suit isn't fully sealed - only use garments designed for water use

WHAT IF I CAN'T AFFORD A WETSUIT?

If you can't afford a sealed, winter wetsuit, layering of the accessories above can help you keep as warm as you can without one. For example, a wetsuit with breathable seams can be propped up with a Titanium Hot Top or other layers under it (see above).

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PART TWO

2.1

HOW TO GET YOUR OWN PERSONALIZED SEVENTHWAVE WETSUIT

The steps required to get your own personalized Seventhwave wetsuit are easy. You will need a tape measure (\$2 at Supermarket) to take your measurements and record them on the Custom order form. You will also need to know your height and weight.



Decide which model and style wetsuit is best for you and your conditions. Follow our online product guide (<http://www.seventhwave.co.nz/shop/what-wetsuit-for-me.html>) to give you help and a choice of styles and models that will be suitable for your conditions.



Complete your order online. Choose CUSTOM as your size option. Add your suit to the shopping cart and complete your order online. You will instantly receive an email confirming your order.



Download the appropriate Custom form from our custom fit page: <http://www.seventhwave.co.nz/custom-fit.html>. Watch our 'How to measure up' video, then complete the form with your measurements. We recommend including a photo of yourself. Fax or email the form to us, or call us with your info.



Watch the video: <http://www.seventhwave.co.nz/custom-fit.html>

That's it! Once you send it to us, we will check your order and advise you if there's anything that needs confirmation. Then we will get your wetsuit into production — allow approximately 10 days before we dispatch your order. You will receive an email to let you know that it's on the way. Your order is tracked & traced until it reaches you and a signature is required on delivery.

2.2

WHAT CUSTOMERS SAY ABOUT THEIR SEVENTHWAVE GEAR



I'm 56 years old and still feeling the stoke every time I'm in the water and that's about 160 sessions per year. I surf all year, all conditions but as I get older the water seems to be getting colder.

Flexibility and warmth are important to me in a wetsuit and I found my Bodyline 4/3 Steamer kept me warm but slowed me down due to the lack of flexibility in the shoulders. Wanting to continue to support NZ Made I contacted the guys at Seventhwave and was encouraged to try the MAX 3/2 Ti G&S Steamer which they assured me was all I would need here in the lovely warm Bay Of Plenty. I was skeptical at first but found that the 3/2 with Titanium kept me warmer than my Bodyline 4/3 and I had three winters wearing the suit every surf.

The past season it only got used when the wind chill was a major factor. I had strayed to the 'dark-side' and thought my luck was in when I picked up an F-Bomb 3/2 at a half price sale 18 months ago. Yes, it seems softer and more flexible but it doesn't keep me as warm and hasn't held its shape, and that's after only one and a half winters. So I now find myself phoning Paul at Seventhwave to order my new Custom MAX. I won't regret it.

An added bonus for me as a kneeboarder is that the Kevlar kneepads don't wear out and they offer extra cushion for my old knees.

A couple of friends think I'm mad paying this much money for a wetsuit when you can get something that will do the job for half that on sale... I just smile and suggest they try one and then they'll know why.

Thanks Paul and looking forward to the new suit.

*Howard Lorney
Tauranga, Bay of Plenty,
New Zealand*



My MAX Ti G&S ZB Steamer is awesome. My mate had the new Rip Curl HBOMB and my MAX was on par with his, except I didn't have to charge batteries after every surf! I could have stayed in the water for hours. There was almost zero water penetration, a little bit would creep up an arm or leg every now and then but that was it. No cold flush down the back which is awesome. The water temp was 9.8 degrees...

It was amazing how there was zero penetration of the cold through to my skin—I could have been sitting at home on the couch with normal clothes on, that's how comfortable I felt. Combine that with the hood and I was laughing. Crew could not believe I was only wearing a 3mm suit. Once again thanks, the suit is awesome.

*Brenton Fisher
Firstflight Bodyboards
Australia*



I have deliberately waited sometime before submitting my feedback on the MAX 3/3 that I bought three years ago, as all wetsuits are effective for at least 1 season (although I did once have an Australian suit that only lasted 9 weeks before the seams all cracked). My MAX is the best suit that I have ever had, and it's still in mint condition.

I live on the beach in Gissy and I use it very often. I do not get cold in it—it's as simple as that. The rubber is still soft, the seams do not leak, I do not get flushed, and I still enjoy the confidence of knowing that upon entering the water—no matter what—I will not be cold. It is also a pleasure to be paddling around in a wetsuit that is only 3mm thick.

I bought the custom made suit and it is a perfect fit. I recommend this, as fitting is so important. It was more in price but I am expecting to get at least 1 more season out of it (or more), so it evens out. Getting it on is easy but it is difficult to get off, however after three years mine now comes off a little easier. I am proud to wear a NZ Made suit, and glad that I bit the bullet and did not follow the crowd into a more common suit. I highly recommend and congratulate Seventhwave on producing maybe the worlds best wetty!

*John Griffiths
Gisborne, New Zealand*



I've had two great surfs in my new MAX 3/3 and it's fantastic thanks. I know we don't get it as cold in Auckland as you fellas down there but I'm starting to think I would have been better off with a 3/2 even through winter. I was pretty cold in my old 3/2 so was thinking 3/3 for winter would be sensible (I'm from Wales where a 5/3 is essential for winter) but I was not expecting to be quite so hot! So perhaps I'll think about getting a 2/2 when spring comes.

It really feels good on, no two ways about it, so I am super pleased. I've gotten a few second looks in an all red wetsuit and I'm sure a few chaps will be thinking what's he all about? But I figured why go all black like everyone else if you have a choice not to?

So all in all I am one happy customer.

Keep up the good work, it's great to know there are a bunch of committed passionate folk looking after the water sport industry in NZ.

*Jon Downing
Auckland, New Zealand*



I had heard about the elusive lightweight, extremely warm and flexible Yamamoto neoprene, but had never actually seen or tried it before. I was apprehensive at first about purchasing something I knew so little about, but was admittedly, very curious. After researching the famous Japanese neoprene and discovering

Seventhwave Wetsuits online, I became even more curious about this alleged breakthrough innovative neoprene material. I began reading various testimonials from users that were overwhelmingly positive, and began to think there must be something to these innovative wetsuits.

I surf in New Jersey, located in the northeast area of the US, where frigid water temps typically drop to the low 30's F in the wintertime here (almost 0°C). I finally made the decision to order the 3mm Viper Ti Steamer last fall and surfed the entire winter using my new 3mm Seventhwave wetsuit, and never had the need to pull out my old standby 5mm winter wetsuit — which by the way was much bulkier, less flexible and not as warm. I am very pleased to report my new Seventhwave wetsuit outperformed my old 5mm Rip Curl winter wetsuit and would highly recommend it to anyone interested in a high performance, lightweight, exceptionally warm wetsuit for the most extreme conditions!

As a result I've rediscovered the stoke of winter surfing. I used to dread putting on a bulky, non-flexible, or very warm wetsuit to surf in the middle of winter. But now with my new Viper Steamer I once again look forward to winter surf sessions.

When it came to customizing the wetsuit, I was overwhelmed how accommodating the Seventhwave team was with all my requests — from logo/branding positions and orientations to material colors. Every design detail was accurately captured per my requests. Not only does my Viper Steamer provide outstanding performance, it looks crazy awesome as well! I also love the lightweight, flexibility and warmth provided by Seventhwave wetsuits.

I would absolutely recommend your 3mm Viper Steamer to any-

one looking for added warmth, flexibility and lightweight in extremely frigid winter conditions.

*Keep up the great work!
Richard Costa, USA*



I'm a 48 year old female accountant. Winter coincides with our busy tax season so I usually hibernate in my office next to the heater and work my way through winter. Last summer we bought a section beside a waterski lake and have been waterskiing practically daily. Heading into Easter I wondered how my new addiction would cope with the declining temperatures. Previously I had been wearing Seventhwave springsuit so purchased a custom-fit Viper 4/3 Steamer. The only words to describe it are "absolutely incredible". I never dreamt I would still be waterskiing in July. The water simply doesn't get in, my swimsuit underneath stays dry. The trick with the plastic bag makes it very easy to get on and off. Its also comfortable and flexible.

I'm usually the first person to feel the cold just in normal day to day conditions and people can't believe I'm still waterskiing — I can't! It's the suit not me! As an amateur skier being able to waterski through winter means I don't have to relearn my skills next summer! It has saved my sanity (and therefore my husbands!

PS In fact when we were in Wanaka I did feel the cold tremendously on the ski field and I actually said to my husband Dean that I wish I was wearing my wetsuit — then I wouldn't be cold!!!

*Raelene Rees
Christchurch, New Zealand*



My Seventhwave wetsuit is AWE-SOME. It fits really good and is totally warm. I love the neck entry design and the detachable hood too. It was pretty cool being out amongst the snow and ice in February here (Hokkaido, Japan), when everyone else was wearing \$2000 5mm dry suits, and they just couldn't believe I was wearing a 4/3 wetsuit!

*Stephen D. McKean
Hokkaido, Japan*



I love my Seventhwave wetsuits, they are so warm: when I'm out in the water with my mates they are freezing in their 3x2 big name brand suits and I have my 2x2 Seventhwave suit on and so toastie. I've tried a lot of brands of suits and I think the quality of the Seventhwave suits is the best, from the kneepads to the neoprene.

*Michael van der Klooster
VANDA Surfboards
Bells Beach, Victoria, Australia*



I bought a MAX 2/2 shortsleeve wetsuit online and got an email pretty promptly asking for my height and weight, and if I wanted to send in the custom order form so that they could check I was getting the best size. Seventhwave also recommended that I

lose the Smoothie (front rubber chest), which I agreed to and now recommend to anyone getting a new wetsuit if they have the choice (it's far less slippery). It took about 5 days for them to make it and send it off which was less than what they said, and it arrived pretty soon after.

I've been using the suit for over a season now and it's still warm as toast, flexible and has had no faults! I only recently donned my full suit (different brand) since the water temp had dropped while I was away on holiday, but think I might go back to the shortarm because I got too hot and it was less flexible.

Big thanks to the fullas at Seventhwave for a great product and great service. I recommend to any Aussie's or Kiwi's in Australia to take advantage of the exchange rate and hook yourself one or more, coz they definitely last and maintain their flex and warmth.

*Scout Gould
South Narrabeen, Australia*



My Viper 3/3 is very good. I used it all through the winter in France. It fits very well and the custom fit changed everything for me (I'm extremely fit ;)) With my previous wetsuits I was cold after one hour—your wetsuit is fatigless, I forgot the cold sensation, happiness! After 2 surf seasons the seams at the wrist level are a bit used, so I would try taped seams like the MAX for the next suit.

A short video of me and the suit last weekend, in Lacanau: <https://vimeo.com/44205938>. I think it's the last session of the year with the wetsuit, as the water is 17°C and it's too warm in the wetsuit.

I am interested in your wetsuit... short....

To conclude, I really appreciate the product and your support.

*David Delforge-Trolliet
Merignac, France*



As most Kiwi's know, Wellington gets more than its fair share of wild weather. Surfers here demand a wetsuit that can not only handle 8 degree winter water but also big Wairarapa swells that often go double overhead. Of the 11 members of the Wellington Fire Boardriders club, 7 of us wear Seventhwave wetsuits—some for nearly two decades! The suits are very flexible, especially the Viper 3/3 Ti ZB Steamers—no more 5/4 Michelin men! And are lighter when wet than many other competitors wetsuits which is great for those 3 to 4 hour sessions. But most importantly they are warm, an absolute necessity here during a windy Welly winter! Plus they have the feel good factor of being Kiwi made & provide a good back up & repair service if we get dragged over rocks & reefs.

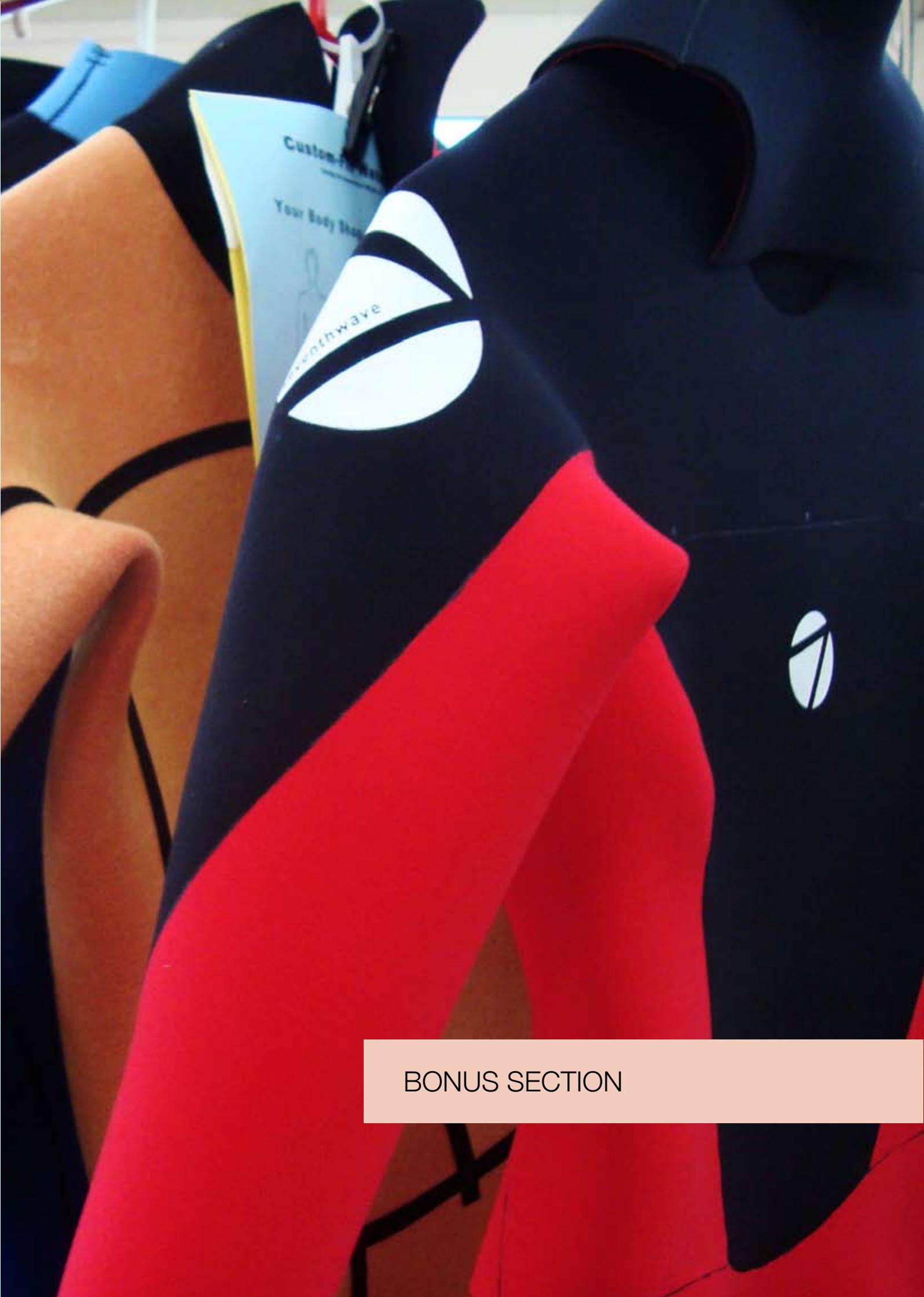
For my money Seventhwave wetsuits are second to none & I'd never buy another brand again—I am that impressed. Thanks Seventhwave—keep up the good work.

*Tom Dunn
Wellington Fire Boardriders Club
New Zealand*

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BONUS SECTION

3.1

WINTER RITUALS: STAYING WARM AFTERWARDS



A key to staying happy in cold water is what you do after you get out. Usually in the depths of winter the air is cold, the wind is bitter and it's more than likely to be raining (or even snowing). Not an ideal time to be wrapped up in a towel struggling to pull off a cold suit whilst trying to fight the onset of frostbite. Here's some tried-and-true winter rituals to make your experience that little bit better:

“Firstly, I take my booties, gloves and hood off before I start to peel off my suit. It sounds basic but if you forget you'll soon be losing a battle trying to get wet booties off and struggling with a wetsuit around your waist.”

“If you have to drive to the beach, sit on a towel and drive home with your heater on full, quickly run inside and get changed in the shower.”

“If you're like me and lucky enough to live within walking distance of the beach; simply walk home and get changed in the comfort and privacy of your shower.”

“Before I leave home I fill a chilly bin with hot (not boiling) water: it stays warm until I get out. When I come in, I dip my hands in the warm water and slosh a bit down the neck of my suit, making it warmer and easier to take off.”

“Change out of your suit as quickly as possible! Quickly change into some warm clothes and turn your heater on full. (A clever person would start one's car and let the heater warm up before they got changed)”

“When you get out and get all warm in front of your heater, have a great meal and a great beer. Everything else feels good afterwards.”

Some companies have made stylish, baggy changing robes or ponchos to help with winter-time blues when changing out of your suit. Check out this Change Bag (<http://www.seventhwave.co.nz/shop/Surf+Accessories/Curve+Change+Bag.html>) and Poncho (<http://www.seventhwave.co.nz/shop/Surf+Accessories/FCS+Poncho.html>).

3.2

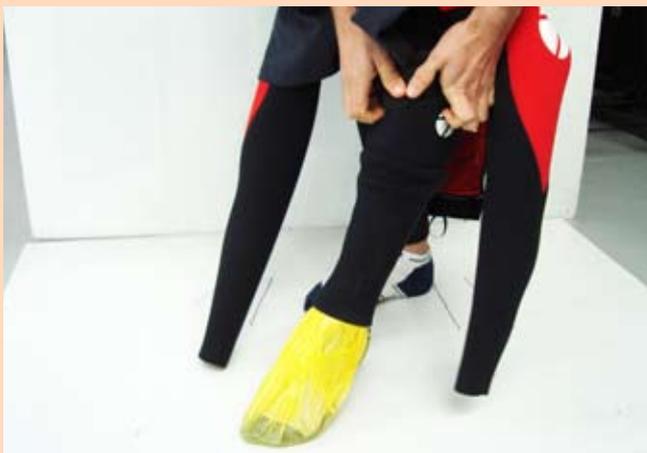
CHANGING: THE OL' PLASTIC BAG TRICK

An old supermarket plastic bag is one of the best accessories for helping you slip easily into your wetsuit, as it makes the suit slide against the neoprene a lot easier. It also prevents your heel doing long-term damage to your wetsuit.



STEP 1

Put your foot into the plastic bag.



STEP 2

Pass your foot through the wetsuit, and get the kneepad sitting in the correct place. Remove the bag gently and repeat on the other leg.



STEP 3

Once you have your suit up nice and high in the correct position, you can also use the plastic bag to ease in your arms.

It's also great for taking off a wetsuit. Simply reverse the process and you're done.

Watch the video: <http://www.youtube.com/watch?v=yTvrTrDtKvQ&t=0m10s>

3.3

HOW TO GET THE MAXIMUM LIFE FROM YOUR WETSUIT

Below are some simple tips for looking after your suit and giving it a longer life-span. If possible, avoid or limit using your wetsuit in a chlorinated pool. Chlorine, sun, and salt are the biggest killers of neoprene's strength and flexibility!

AFTER USE

Rinse your suit out with fresh water, especially after use in sea water. Salt left to dry on the suit may crystalize causing 'wetsuit rash' and can, over time reduce the stretch factor of the neoprene. Do not use hot water to rinse your suit—in hot water neoprene loses some of its flexibility, so if you are changing in a shower, use cool water to rinse the suit and then soak yourself in warmth. And never wash your wetsuit in a washer or with other garments!

Allow to dry by hanging it in a ventilated area away from direct sunlight, as UV rays cause the neoprene to age much quicker, making it hard, faded and cracked. Do not use clothes pegs or narrow hangers as these cause damage—use a special wetsuit hanger or a heavy, padded hanger. Once dry, turn suit in the right way. Lubricate the zipper every so often to keep it working smoothly (salt and chlorine corrodes the teeth).

STORAGE

Hang your suit on a wide coat hanger when not in use. This is the best way to store your wetsuit to avoid creasing the neoprene. Do not use a narrow wire hanger. Keep it away from oil, gasoline, chemical solvents and aerosols because these stains can be impossible to remove and will weaken the fabric. Do not leave in direct sunlight or wet, in a bag or car boot, for any extended length of time. Do not fold the suit for extended periods as the neoprene cells can crease.

STAINS/SMELLS

Remove stains and odors with a little detergent or wetsuit cleaner in a bucket of fresh, cool water. Rinse thoroughly afterwards and dry in a shady, breezy spot.

TRAVELLING

To pack your wetsuit in a bag or to send away, always fold correctly:

1. Lie the suit flat on the front side.
2. Fold legs back at the knees.
3. Fold arms in, over the back.
4. Fold the whole top half of the body back over the bottom half. This size and shape makes it easy to slide into a bag or lay into a suitcase or cargo bag.
5. As soon as possible, hang the suit back up on a hanger

SERVICE/MEDICAL

Every so often you should check over your suit, look for small tears, loose stitching, fin cuts, loose tape etc. It's best to get your suit repaired before any rips get too big or frayed as you will likely face a bigger repair bill the longer you leave it.

For more tips, information and water-related content, check out

www.seventhwave.co.nz

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