

This Free E-Book is brought to you by Natural-Aging.com.

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Cold water diving

By Jakob Jelling

Cold water diving by Jakob Jelling

What to wear when practicing cold water diving.

When practicing cold water diving, one of the main and most important things to have into account is which clothes to wear in order to keep warm. Keeping warm while diving in cold water is not as easy as it might sound since you must wear the proper clothes in order to be able not only to maintain your body temperature but at the same time keep your agility and be able to move as you need.

First of all, you should always remember that the dry suit you wear has the purpose of keeping you dry, not warm. Therefore, whenever you are going to practice cold water diving, you need to wear clothes with the purpose of maintaining your body temperature under your dry suit; they must complement each other.

There are some fabrics and materials which can work very well for the thermal insulation purpose. Among these materials we can find some special microfibrils such as the one known as thinsulate which can be a great choice for a diver. There are many modern materials which might allow you to keep your body temperature through their thermal insulation capabilities at the same time than allow you to have a great agility.

There are some clothes meant to keep each specific body part warm. For the neck, you should wear a woolen or similar scarf; ideally made of cashmere due to its comfortableness and malleability. For your feet, you can wear woolen socks or clothes made of the same material you have chosen as an under suit.

It is also important to remember that we always lose a lot of our body heat through our head. Therefore, it might be important that you wear something to insulate your head from the cold which surrounds you. As you can see, there are specific clothes for each body part which you should consider before you start your cold water diving. It is very important that you wear them since, among other reasons, losing your body temperature might even make you lose some of your thinking capabilities and become a serious risk.

Jakob Jelling is the founder of <http://www.divepilot.com>. Please visit his website to discover the world of diving!

Snorkel and mask tips

By Jakob Jelling

Snorkel and mask tips by Jakob Jelling

Before you start your diving activities and using a snorkel for the first time, there are some important tips and notions which you must learn and take into account. When done properly and following some main guidelines, diving and wearing a snorkel can be a great and very enjoyable activity, but if it is done without following the basics problems might arise and it might end up being a headache rather than gratifying.

Your snorkel and the rest of your diving equipment might be the most important factor which you must pay attention to when you wish to dive. First of all, you should choose a good diving mask, which adapts to your face and fits it properly. With your diving mask, you should also buy a defogging solution which will allow you to avoid having fogging problems while you dive.

The most important aspect to which you must pay attention to when you buy a new diving mask and snorkel is the way it fits your face. The mask you buy must fit you perfectly or otherwise water might enter into it and become a big problem. You should also make sure that your snorkel can be attached to the mask without any problems. If your mask's strap is too wide or too narrow for your snorkel to be properly attached to it, you might have to look for another mask.

Besides your mask, the fins you choose are a very important part of your snorkel complementary equipment as well. The fins you choose should fit you and allow you to feel comfortable while wearing them as well as they should adapt to the specific kind of diving activities you will practice. You should make sure that they fit you and adjust to your fit size but without making you lose mobility.

Another very important factor which might have a great impact on the way you practice and enjoy diving is the way you feel while being into the water. In order to be able to enjoy your diving practice you must be able to relax and feel comfortable while using your snorkel as well as while being in the water. This is a must if you wish to start practicing this sport and acquiring new skills and techniques, you can not practice this activity if you feel scared of the water or of using a snorkel.

Jakob Jelling is the founder of <http://www.divepilot.com>. Please visit his website to discover the world of diving!

Jakob Jelling is the founder of <http://www.divepilot.com>. Please visit his website to discover the world of diving!



This Free E-Book has been brought to you by Natural-Aging.com.

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!