



fourth element

# A BEGINNER'S GUIDE TO DRYSUIT LAYERING

Choosing the best combination of thermal layers is a matter of assessing your needs, but the most significant factor, apart from the temperature of the water itself, is your drysuit. Neoprene drysuits tend to offer more thermal protection than trilaminate. As a general rule, under a neoprene suit you will need lighter undergarments than you would with a trilam, but the principle is still the same.

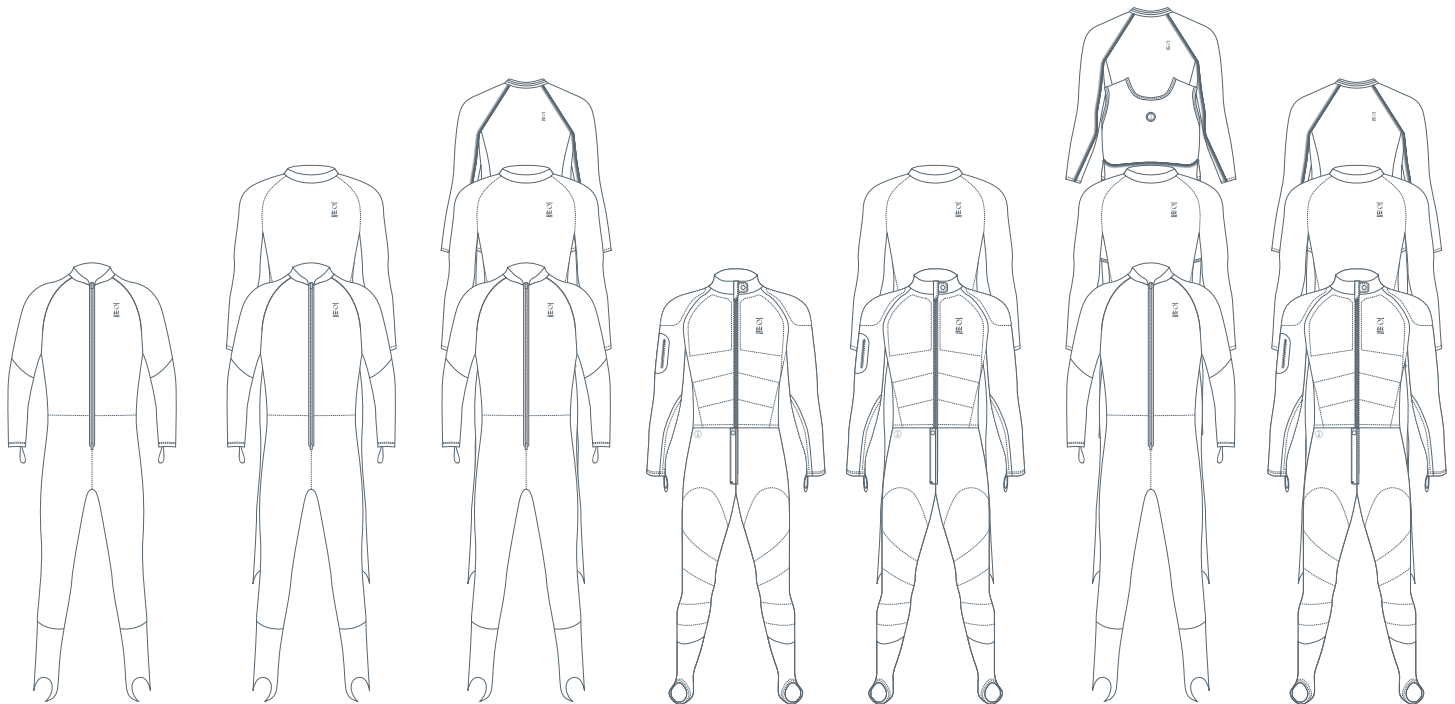
**Choose an undersuit.** The guide on the left helps to illustrate the ways fourth element products can be combined for use in different temperatures. In general, the Arctic undersuit is the best starting point for neoprene suits and the Arctic Expedition or the Halo 3D are the best choices under a trilaminate suit.

**Add a wicking baselayer.** Use the J2 for maximum moisture management or the Xerotherm to make your undergarment suitable for cooler temperatures or longer dive durations.

**Look after the core.** In extreme temperatures, add an additional baselayer or other insulation to the body core. We developed the

X-Core vest and leggings as a passive heating garment. It should be worn either next to the skin or over the baselayer.

**Insulate key exposure areas.** The body loses heat from different areas at different rates and when diving this is even more significant. Your head is particularly exposed during a dive and a well fitting hood is essential. Looking after the extremities also has a huge impact on your enjoyment – cold hands with no dexterity can spoil a dive. The Arctic Expedition and Halo 3D both have additional insulation on the inside of the forearms to maximise the comfort of hands, as well as panels on the thighs and chest where exposure is greatest in the horizontal trim position.



10°C to 16°C

Arctic

5°C to 13°C

Arctic +  
Xerotherm

3°C to 11°C

Arctic +  
Xerotherm +  
J2

0°C to 12°C

Halo 3D

-1°C to 8°C

Halo 3D +  
Xerotherm

-2°C to 7°C

Arctic +  
Xerotherm +  
X-Core +  
J2

-2°C to 6°C

Halo 3D +  
Xerotherm +  
J2

This is intended as a guide only. Individuals experience cold temperatures differently.