Reasons for wearing a wetsuit and swimming hat

Keeps you warm

Reasons for wearing a wetsuit and swimming hat

Stops your body heat and energy from escaping

Reasons for wearing a wetsuit

Keeps you buoyant

Reasons for wearing a wetsuit

Helps you to swim

Reasons for wearing a swimming hat

Waterproof so keeps your hair and head dry

Reasons for wearing a swimming hat

Is brightly coloured so easy to see