

## Outdoor Leisure, Swimming Pool, Portable Pools, Plastic Pools

Wetsuits are used in a variety of water sports, for preserving and insulating body heat. Hugh Bradner is usually considered as the inventor of the modern day Wetsuit. The History of Wetsuits can not actually pinpoint the person who invented the first wetsuit, however, Bradner was an SIO physicist, and along with UC-Berkeley came up with the idea of using water to keep the body heat warmed. He knew that water was a better heat conductor than air.

The neoprene of the wetsuit contains small bubbles of nitrogen gas. Nitrogen gas has a very low thermal conductivity. This prevents the heat inside the wetsuit from escaping to the water outside of the wetsuit. If you were in the water without a wetsuit on, the heat from your body would escape to the water because the water has a very high thermal conductivity.

Not all of us are blessed with warm water to surf year round we require the use of a cold water wetsuit. Fortunately, wetsuit technology has come a long way and there are wetsuits available to keep surfers comfortable in just about any water temperature.

For those who are used to surfing, kite-surfing or swimming in the ocean wearing nothing but swimming trunks, you should really think of getting a wetsuit. This body-hugging and lightweight piece of apparel does not only protect you from the hazards of the sea, it also keeps you warm in cold waters. This is made possible by the layer of water existing between the suit and your body which acts as an insulator, retaining your body heat.

Originally wetsuits did not have any backing material and one had to be very careful when taking the suit off, as the rubber would stick to their skin. They also were very easily torn. To prevent this from happening divers would use talc powder, rubbing it through out the wetsuit, which helped the rubber slide easily over the skin. Later on backing material was made from nylon sheeting, however, the suit still had the rubber side exposed and it was not only stiff as well as rigid, it had very limited flexibility.

First of all, make sure you got the right place. A wetsuit isn't exactly the type of clothing you will get at a bargain bin. Go to the appropriate store to get the wetsuit for your own individual sport. If you're getting a wetsuit for surfing, go to the surf store. If you want to go scuba-diving, go to the diving store.

Now, you don't have to buy the most expensive brand to be assured of quality. It's better to do your homework first, by checking up the brands on Internet forums and neutral third-party review sites. When you get to the store, it won't hurt to ask the attendant for his or her opinion on the best wetsuit for you. After all, they have way much more experience than you. And try not to buy at shops which only sell one brand. They espouse the virtues of their respective brand and criticize the others. So, choose wetsuits at stores which sell multiple brands to ensure neutrality.

Also, the sleeve and leg openings should close down tight against your skin to prevent water flushing. There are certain areas which the suit have to be skintight, namely around the crotch, under the armpits and the shoulders. Sagging suits will be extremely uncomfortable and if you choose your wetsuit right, you'll feel as though it's a bit tight. Don't worry, that's normal.

## About the Author

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