

Make a splash

We've rounded up all the kit you'll ever need to experience the physical and mental health benefits of cold water, whether you're a dipper, a swimmer or an elite-level triathlete



Davy J The Statement Cut Out Swimsuit (£140, davyj.com)

Wetsuits



Orca Zeal Hi-Vis Openwater Wetsuit (£379, orca.com)

Featuring high-visibility orange on the arms, legs and back, this wetsuit is ideal for open-water swimmers who want to be seen in the harshest conditions. Aerodome 2 tech gives this wetsuit a high level of buoyancy to boost your confidence in the water, while 5mm thick leg panels provide superior thermal comfort. A 'batwing' neoprene hood also prevents water from entering the neck and zipper area to keep you warm.



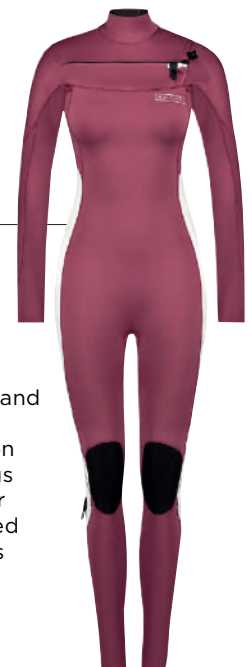
Zone3 Terraprene Vision Wetsuit (£399, zone3.com)

Made from terraprene - a fully biodegradable material that biodegrades in 522 days once it reaches the end of its life - this ground-breaking triathlon wetsuit is the first of its kind. Perfect for beginners and experienced swimmers alike, the ultra-stretchy material provides maximum range of motion across the chest and shoulders to give more flexibility and greater stroke efficiency to help you perform at your best.

Wallien Nikki van Dijk Wetsuit 4/3

(£339, wallien.com)

Made from oh-so-soft and super stretchy premium Japanese limestone neoprene for a full range of movement and a 'barely there' feel, this award-winning 4/3 wetsuit combines 4mm thickness on the torso and 3mm on the arms and legs for winter-worthy warmth. Cut to flatter the female form with strategically placed panels, it also features reinforced stress points and comes in three colours. Perfect for a variety of water sports.

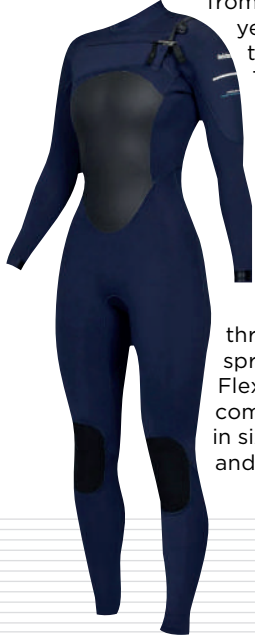


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Finisterre Nieuwland 4s Yulex Wetsuit

(£395, finisterre.com)

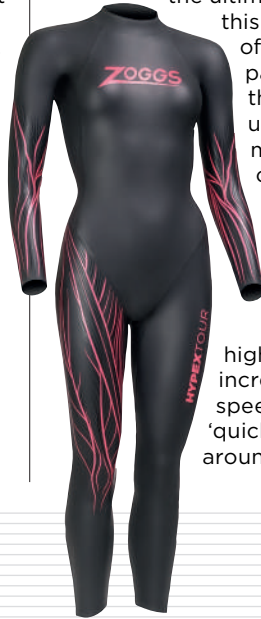
This wetsuit is available to rent from the Finisterre website for five days from £37.50 if you're not yet ready to commit to buying it outright. Tested and designed with the help of the brand's community of cold water women, this 4mm surf wetsuit is designed to keep you feeling warmer for longer through autumn and spring transitions. Flexible, durable and comfortable, it comes in sizes 6-18 with tall and small options.



Zoggs Hypex Tour FS Triathlon Wetsuit

(£365, zoggs.com)

Designed for triathletes and open-water swimmers who want the ultimate in flexibility, this wetsuit comprises of 1.5mm neoprene panels around the torso for unrestricted movement, 2mm on the arms, legs, and back for warmth, and a 3mm panel on the front of the upper body to keep your body high in the water and increase your swim speed. There are also 'quick transition cuffs' around the ankles.



Speedo Fastskin LZR Elite Openwater Closedback Bodyskin

(£355, speedo.com)

This suit features all-over compression and linked core support panels to compress and sculpt the body, support your lower abdominals, and create a streamlined, optimally hydrodynamic shape in the water. Designed for open-water swimming, the shoulder straps are wide, soft, and anti-chafe for greater comfort while fully bonded seams reduce skin friction drag by six per cent compared to sewn seams.



Change robes

Speedo Adult Therma Change Robe

(£250, speedo.com)

Created to be your perfect cold weather companion, this roomy robe boasts a windproof and waterproof Berghaus Hydroshell ripstop fabric on the outside for protection from the elements, a reflective aluminium mid-layer for improved heat retention, and a snugly Sherpa fleece lining and large hood to lock in post-swim warmth. Four pockets, including an internal phone-sized one, help to keep your belongings together.



Regatta x Orla Kiely Towelling II Robe

(£55, regatta.com)

In case you didn't get the memo, old-school towelling robes are back, baby! And if you're going to take the plunge, you might as well do it in retro style with this cult status Blue Sixties Daisy print from Orla Kiely. Cosy, durable and trendy, this 220gsm 100 per cent polyester towelling robe is perfect for spending sunny beach days in comfort. The grown-on hood and side vents add a touch of versatility and positive vibes.





D-Robe Beaufort Robe
(£179, d-robeoutdoors.com)

This robe blends high performance, functionality and sustainability in one very stylish package. Available in sizes XS to XL, so you can find a fit that's roomy enough to change out of wet things but not so large it drowns you, it has a waterproof and windproof shell, an adjustable hood and sleeve cuffs, taped seams and a plethora of pockets. Inside, you'll find a moisture-wicking fleece lining to keep you warm, dry and cosy.

Change robes



Gill Marine Changing Robe
(£45, gb.gillmarine.com)

Designed to be super absorbent on the move, this changing poncho features a high-loft thermal microfibre construction and quick-drying technology for swiftly and easy changing after swimming and water sports. With its generous fit, large volume hood and handy wide front pocket, this robe gives maximum comfort when changing out of wet clothing in warmer weather. Best of all, it's super soft against damp skin.



Wylding Weatherproof Boiler Suit
(£160, wylding.co.uk)

A changing robe with a difference, this relaxed-fit, thermal-lined, weatherproof boiler suit has been created for temperate climates. Designed to be worn with only underwear or dry swimwear underneath, it's perfect for those of us who must journey to cold water destinations in practical style while staying warm. Flattering, lightweight and lined with micro-fleece, it also has a dropped crotch for effortless dressing.



dryrobe Advance Long Sleeve
(£165, dryrobe.com)

As the original weatherproof changing robe, it's no wonder the dryrobe is an essential piece of kit for cold water enthusiasts and elite athletes alike. Its unique quick-drying fleece lining means it can be used multiple times throughout the day, even over wet kit, without the need for drying in between uses. This long-sleeved version provides extra warmth and protection whether you're competing in, or watching, live sporting events.

SwimWear



Finisterre Nieuwland 2e Yulex Long Sleeve Swimsuit

(£150, finisterre.com)

This long-sleeved swimsuit is made for dipping, swimming, surfing and SUP. Ergonomic panelling provides you with a full range of movement, while low-rise legs with zig-zag stitching increase coverage (and your confidence) by reducing slips and movement. Made from 2mm Yulex natural rubber, there's also a slight rise on the collar to give you a secure seal and zero underarm seams to eliminate chafing.



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Davy J The Bonded Long Sleeve Swimsuit
(£160, davyj.com)

Whether you choose this stunning Ocean Blue suit or the flattering Powder Blue version, you'll enjoy the versatility of having a reversible Black interior for two looks in one. Made from a 1mm bonded material that gives you the feeling of wearing something half-way between a wetsuit and a swimsuit, this flattering style will see you through dips during chillier months. We love the thumb holes for warming comfort in cool waters.



Tide + Seek Classic Cut Swimsuit
(£95, tideandseek.com)

This full-coverage costume comes in a variety of beautiful and rather funky prints, including this dreamy Holo Daze style. But there's so much more to this swimsuit than good looks alone. Made from a 100 per cent sustainable recycled fabric, it's also chlorine and saltwater resistant, and provides UPF 50+ sun protection so you can save on suntan lotion. Wide, thick crossover straps ensure everything stays in place.



Wallien One Piece Swimsuit
(£119, wallien.com)

Combining sports luxe looks with practicality, this one-piece provides a secure fit whatever you get up to in the water, and offers more warmth and protection than a regular swimsuit. Featuring an Italian outside fabric with UPF 50+ protection and a soft, breathable inside lining that never goes see-through, this durable number will stand the test of time because it's twice as resistant to chlorine and suntan lotions.



Roxy Pro Wave Crop Top and High Waist Bikini Bottoms

(£45 each, roxy-uk.co.uk)

Designed for A-C cups, this bikini top has an active bralette shape and removable padded cups for high support and full coverage, while the super high-waisted bottoms feature a large hidden elasticated belt for better hold. Perfect for athletic types wanting to enjoy a variety of water sports in sunnier climes, both pieces are made from a soft, strong, recycled, stretchy and chlorine-resistant, nylon-blend fabric.



Deakin & Blue Swimbra High Waister Set
(£110, deakinandblue.com)

Available in sizes 8 to 18 and in three individual fits - Hepburn, Monroe and Hendricks - this award-winning swimbra with built-in bust support guarantees security and comfort, whether you're a size 10 with an HH cup or a size 16 with an AA cup. Made from durable, sustainable, super-soft Italian Lycra, you also get full UV protection and chlorine resistance. Perfect for swimming, dipping, surfing and even diving (honest!).



Speedo Biofuse 2.0 Goggles
(£24.50, speedo.com)

Designed specifically for the female face, these goggles take comfort and fit to the next level. The signature super-soft, flexible seals offer better flex than previous models for greater cushioned comfort, while a patent-pending push-button mechanism makes adjustments easier than ever.



Speedo Dry Bag Tow Float
(£34, speedo.com)

Designed for maximum visibility, this inflatable tow float is easy to spot in the water and helps keep your valuables safe and dry. With its generous capacity, it's ideal for your phone, keys and other essentials, while the adjustable waist-belt and leash length allow a tailored fit which feels comfy and secure.



Sheep Inc. The Beanie
(£70, sheepinc.com)

No cold-water enthusiast's uniform is complete without a beanie to keep their head warm. This one comes in 11 colours and is seamlessly sculpted using 3D Whole garment innovation and hand-selected merino wool fibres for the ultimate in comfy, toasty warmth.



D-Robe The Roll-Top
(£84, d-robeoutdoors.com)

Made from waterproof, recyclable and biodegradable TPU, this bag can be worn rolled over for extra water protection or unrolled for extra storage of all your kit. With seven storage pockets in total, and an external, rainproof laptop compartment with aqua-guard zippers, it will take you from the office to the sea or lake with ease.



Zoggs Easy Fit Eco Swimming Cap
(£11, zoggs.com)

New for 2024, this swim cap features 30 per cent recycled silicone for a more sustainable future. Ergonomically shaped for greater volume and sized for a softer, easier fit, it's available in six colours and will help to keep your hair out of your eyes while getting in those swim laps.



Orca Swim Socks
(£35, orca.com)

With their 2.5mm neoprene construction, these swim socks will help to keep your feet insulated from the cold so you can swim comfortably for longer. Just remember to wear them beneath your wetsuit to prevent water gaining entry.



Vivobarefoot Hydra Esc
(£170, vivobarefoot.com)

Blending trail footwear with Swimrun capabilities, these high-vis amphibious barefoot shoes have been created with the help of elite athletes to glide, grip, drain and dry quickly. Built with all-terrain traction, they're also puncture resistant, breathable and lightweight. 🐾

Words: Joanna Ebsworth | Photography: Various brands