

**BARE<sup>®</sup>**

**WETSUIT MANUAL**



## BARE® WETSUIT MANUAL

This manual is provided in accordance with EN 14225-1:2017.

The products described in the manual are manufactured according to the specifications set by Bare® Sports Europe Ltd, a Division of Huish Outdoors, LLC.

**BARE® Sports Europe, LTD**  
**B19**  
**Bulebel Industrail Estate**  
**Zejtun ZTN3000, Malta**

**Huish Outdoors, LLC**  
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**Salt Lake City, Utah**  
**84116, USA**

This manual describes materials and construction of BARE® wetsuits as well as the use and care of those wetsuits.

## INTRODUCTION AND SAFETY

Thank you for choosing BARE®. We strive to provide the best fit, craftsmanship and innovation in dive and watersport exposure protection. These factors are essential to warmth and comfort during your dive or watersport activities.

This manual is designed to answer most of the questions you may have about our wetsuit products. However, should you have follow up questions or need more information please do not hesitate to contact your authorized BARE® dealer, service center or to contact BARE® directly through our website [www.baresports.com](http://www.baresports.com).

## IMPORTANT SAFETY NOTICE FOR DIVERS

BARE® recommends that ALL divers obtain the required training to include learning how to use this product under the direct supervision of a certified diving instructor BEFORE using this product underwater. To safely use BARE® wetsuits, divers must use enough weight to maintain neutral buoyancy with an empty SCUBA cylinder. Wearing more weight than this is not necessary and may be dangerous. If the diver is properly weighted, he or she should be able to remain neutrally buoyant at a depth of 3 meters (10 feet) in order to complete a safety stop while wearing a cylinder with 30 bar (500 psi) or less of cylinder pressure.

## HYPERBARIC EXPOSURES

Divers should be aware that exposure to hyperbaric pressures will decrease the thermal protection of any wetsuit due to compression of the material. This decrease may be substantial, and divers should be aware of the thermal ratings of the exposure protection selected at the depths the diver plans to dive.

Compression of the wetsuit material during the course of the dive will also result in significant reductions in the suits inherent buoyancy. Divers should never rely upon the wetsuit as a buoyancy device and ALL dives must be completed using a buoyancy compensating device equipped to compensate for the loss of wetsuit buoyancy during the course of the dive.

# IMPORTANT SAFETY NOTICE FOR ALL USERS

**WARNING - NEVER RELY ON YOUR BARE® WETSUIT AS A BUOYANCY OR FLOTATION SAFETY DEVICE.**

**WARNING –INSPECT YOUR WETSUIT CAREFULLY BEFORE EACH USE.**

It is important to visually inspect your wetsuit for tears or damage, and to ensure the proper operation of each zipper prior to each use of the suit. The suit may only be serviced by an Authorized BARE® Dealer or an Authorized BARE® Service Center. Unauthorized service or suit modification may void your BARE® wetsuit warranty and may render your wetsuit unsafe for use.

## BARE® WETSUITS SPECIFICATIONS

BARE® wetsuits are made of neoprene rubber containing “L foam” which is resistant to compression when exposed to increased hyperbaric pressures during the course of the dive. BARE® wetsuits come in a variety of thicknesses ranging from 1mm to 8mm and some accessories like hoods may be up to 9mm thick. All BARE® wetsuits are constructed with various knitted outer shells to provide flexibility and durability and various knitted interior linings which vary by the specific model of the wetsuit as specified below:

Our wetsuit models with **FULL** Omnired internal lining, have an exterior shell of nylon/spandex, and an interior lining of thermally reactive Omnired polyester yarn/polyester.

Our wetsuit models with **PARTIAL** Omnired internal lining, have an exterior shell of nylon/spandex, and a partial interior lining of thermally reactive Omnired yarn/nylon/spandex, and thermally reactive yarn/polyester. The remaining lining is 100% nylon.

Our wetsuit models with **NO** Omnired internal lining, have an exterior shell of nylon/spandex, and an interior lining of nylon.

## ZIPPERS

BARE® wetsuits are constructed with a back-entry zipper for our standard wetsuits and either a cross chest front entry zipper or a cross zip back entry zipper for our semi-dry suits. Some models may also include the use of ankle zippers, wrist zippers and a relief zipper at the neckline. All wetsuit models adopt the use of plastic zippers.

Regardless of the position of the zipper it is important to ensure that all zippers are free of dirt, sand and other debris before donning your wetsuit. All zippers should be placed in the open position before donning the wetsuit. When closing the zipper it is important to take care to be sure any under-garments and any protective flaps covering the zipper (under or over flaps) are not obstructing the path of the zipper during the closing process. Catching undergarments or the neoprene flaps in the zipper teeth while opening or closing the zipper may damage the zipper and this damage may not be covered under warranty.

When closing zippers, it is important to pull the zipper slide slowly and in line with the zipper teeth (parallel to the zipper teeth). This is especially critical in back zipper wetsuits - when using the zipper pull on back-zip wetsuits, the user should take care to pull the zipper straight up the back, in line with the zippers positioning. Pulling the zipper to either side while closing, will increase the possibility of snagging the zipper on the wetsuit material and the possibility of misaligning the teeth of the zipper. Either of these situations may cause damage to the zipper. To ensure the most comfortable fit, be sure to pull each zipper until it is fully closed and resting (not forced) against the zipper stop. This will help to minimize water entry into the wetsuit.

## ZIPPER MAINTENANCE

After each use, rinse the wetsuit and the zippers with clean fresh water to prevent the buildup of deposits, such as salt, which could obstruct and accelerate the wear of the zipper slide and zipper teeth. Zippers may be lubricated as required for smooth operation with any commercially available product designed for the lubrication of **PLASTIC** zippers.

# WETSUIT SEAMS

**BARE®** wetsuit seams in suits thicker than 5.0mm are glued and may also be blind stitched to provide extra strength to the seams. Some models use only liquid seam technology. All **BARE®** wetsuits that are thicker than 5.0mm, have seams that provide a water tight seal in order to maximize heat retention and comfort during your dive. All **BARE®** wetsuits with a thickness less than 5.0mm are designed for use in more tropical or warmer waters and are seamed with a flatlock stitching.

# WETSUIT FIT

In order to work effectively a wetsuit must fit closely against the body, however the wetsuit cannot be so tight that it significantly restricts movement or so that it impacts the user's breathing in any way. For best results consult an Authorized **BARE®** wetsuit dealer for assistance in achieving the proper fit.

When a wetsuit fits you properly it will be skin tight. You should be able to:

- 1) Take a full deep inhalation without resistance or requiring excessive effort to expand the rib cage.
- 2) Join your hands above your head.
- 3) Reach the center of your back just below the neck.
- 4) Touch your toes.
- 5) Squat and kneel without restriction.

# MEN'S SIZE CHART

<b>WEIGHT</b>	LBS	120-140	135-155	150-175	150-180	160-185	170-195	175-200	180-205	190-215	195-220	200-225	210-235	215-240	220-245	230-255	250-275	270-295
	KG	54-63	61-70	68-79	70-82	72-84	77-88	79-91	82-93	86-98	88-100	91-102	95-107	98-109	100-111	104-116	113-125	122-134
<b>HEIGHT</b>	FT/IN	5'2"-5'5"	5'6"-5'8"	5'8"-5'10"	5'11"-6'1"	5'6"-5'8"	5'10"-6'0"	6'0"-6'2"	5'7"-5'9"	5'11"-6'1"	6'1"-6'3"	5'8"-5'10"	6'0"-6'2"	6'2"-6'4"	5'8"-5'10"	6'1"-6'3"	6'2"-6'4"	6'3"-6'5"
	CM	157-167	168-173	173-178	180-184	168-173	178-183	183-188	170-175	180-185	185-191	173-178	183-188	188-193	173-178	185-191	189-193	191-196
<b>CHEST</b>	IN	33-35	35-37	37-39	37-39	39-41	39-41	39-41	41-43	41-43	41-43	43-45	43-45	43-45	45-47	45-47	47-49	49-51
	CM	84-89	89-94	94-99	94-99	99-104	99-104	99-104	104-109	104-109	104-109	109-114	109-114	109-114	114-119	114-119	119-124	124-129
<b>WAIST</b>	IN	27-29	29-31	31-33	31-33	33-35	33-35	33-35	35-37	35-37	35-37	37-39	37-39	37-39	39-41	39-41	41-43	43-45
	CM	68-74	74-79	79-84	79-84	84-89	84-89	84-89	89-94	89-94	89-94	94-99	94-99	94-99	99-104	99-104	104-109	109-114
<b>HIP</b>	IN	34-36	35-37	37-39	37-39	39-41	39-41	39-41	41-43	41-43	41-43	43-45	43-45	43-45	45-47	45-47	47-49	49-51
	CM	86-91	89-94	94-99	94-99	99-104	99-104	99-104	104-109	104-109	104-109	109-114	109-114	109-114	114-119	114-119	119-124	124-129
<b>TORSO</b>	IN	25 7/8	27 3/8	28 3/8	29 5/8	27 5/8	29 3/8	30 5/8	28	30	31 1/4	28 1/8	30 5/8	31 7/8	28 1/2	31 1/4	31 7/8	32 3/8
	CM	66	70	72	75	70	75	78	71	76	79	71	78	81	72	79	81	82
<b>INSEAM</b>	IN	28 1/2	30	31	32	30 1/4	32	33	30 1/2	32 1/2	33 1/2	31	33	34	31 1/4	33 1/2	34	34 1/2
	CM	72	76	79	81	77	81	84	77	83	85	79	84	86	79	85	86	87
<b>YOUR SIZE</b>		<b>XS</b>	<b>S</b>	<b>M</b>	<b>MTALL</b>	<b>MLSHORT</b>	<b>ML</b>	<b>MTALL</b>	<b>LSHORT</b>	<b>L</b>	<b>LTALL</b>	<b>XLSHORT</b>	<b>XL</b>	<b>XTALL</b>	<b>2XLSHORT</b>	<b>2XL</b>	<b>3XL</b>	<b>4XL</b>

# WOMEN'S SIZE CHART

## Suits designed after 2014

<b>HEIGHT</b>	FT/IN CM	5'2"-5'4" 157-163	5'3"-5'5" 160-165	5'5"-5'7" 165-170	5'4"-5'6" 163-168	5'7"-5'9" 168-173	5'4"-5'6" 163-168	5'5"-5'7" 165-170	5'9"-5'11" 175-180	5'5"-5'7" 165-170	5'6"-5'8" 168-173	5'6"-5'8" 168-173	5'7"-5'9" 170-175	5'7"-5'9" 170-175	5'8"-5'10" 173-178
<b>CHEST</b>	IN CM	30-32 76-81	32-34 81-86	32-34 81-86	34-36 86-91	34-36 86-91	37-39 94-99	36-38 91-97	36-38 91-97	39-41 99-104	38-40 97-102	41-43 104-109	40-42 102-107	43-45 109-114	42-44 107-112
<b>WAIST</b>	IN CM	23-25 58-64	25-27 64-69	25-27 64-69	27-29 69-74	27-29 69-74	33-35 84-89	29-31 74-79	29-31 74-79	35-37 89-94	31-33 79-84	37-39 94-99	33-35 84-89	39-41 99-104	35-37 89-94
<b>HIP</b>	IN CM	33-35 84-89	35-37 89-94	35-37 89-94	37-39 94-99	37-39 94-99	43-45 109-114	39-41 99-104	39-41 99-104	45-47 114-119	41-43 104-109	47-49 119-125	43-45 109-114	49-51 125-130	45-47 114-119
<b>TORSO</b>	IN CM	23 3/4 60	24 1/8 61	24 7/8 63	24 1/2 62	25 3/4 65	24 1/2 62	24 7/8 63	26 5/8 68	24 7/8 63	25 1/4 64	25 1/4 64	25 5/8 65	25 5/8 65	26 66
<b>INSEAM</b>	IN CM	29 7/8 75	30 1/2 77	31 3/4 81	31 1/8 79	33 84	31 1/8 79	31 3/4 81	34 86	31 3/4 81	32 3/8 82	32 3/8 82	33 84	33 84	33 5/8 85
<b>WEIGHT</b>	LBS KG	110-125 52-59	120-135 55-61	130-150 59-68	125-145 57-66	135-155 61-70	140-165 64-75	140-160 64-73	150-170 68-77	155-180 70-82	150-175 68-80	165-190 75-86	160-185 73-84	175-205 80-93	170-195 77-89
<b>YOUR SIZE</b>		2	4	4TALL	6	6TALL	6+	8	8TALL	8+	10	10+	12	12+	14

## Suits designed prior to 2014

<b>WEIGHT</b>	LBS KG	90-105 41-48	100-115 45-52	115-125 50-57	115-135 52-61	120-135 54-61	125-145 57-66	135-155 61-70	130-145 59-66	135-155 61-70	145-165 66-75	135-155 61-70	155-175 70-79	145-165 66-75	155-175 70-79
<b>HEIGHT</b>	FT/IN CM	5'1"-5'3" 155-160	5'2"-5'4" 157-163	5'3"-5'5" 160-165	5'5"-5'7" 165-170	5'4"-5'6" 163-168	5'7"-5'9" 170-175	5'4"-5'6" 163-168	5'5"-5'7" 165-170	5'9"-5'11" 175-180	5'5"-5'7" 165-170	5'6"-5'8" 168-173	5'6"-5'8" 168-173	5'7"-5'9" 170-175	5'8"-5'10" 173-178
<b>CHEST</b>	IN CM	30-32 76-81	31-33 79-84	32-34 81-86	32-34 81-86	34-36 86-91	34-36 86-91	37-39 94-99	35-37 89-94	35-37 89-94	38-40 97-102	37-39 94-99	40-42 102-107	38-40 97-102	40-42 102-107
<b>WAIST</b>	IN CM	22-24 56-61	24-26 61-66	25-27 64-69	25-27 64-69	27-29 69-74	27-29 69-74	33-35 84-89	28-30 71-76	28-30 71-76	34-36 86-91	30-32 76-81	36-38 91-96	31-33 79-84	33-35 84-89
<b>HIP</b>	IN CM	32-34 81-86	34-36 86-91	35-37 89-94	35-37 89-94	37-39 94-99	37-39 94-99	43-45 109-114	38-40 97-102	38-40 97-102	44-46 112-117	40-42 102-107	46-48 117-122	41-43 104-109	43-45 109-114
<b>INSEAM</b>	IN CM	29 1/4 74	29 7/8 75	30 1/2 77	31 3/4 81	31 1/8 79	32 7/8 84	31 1/8 79	31 3/4 81	34 86	31 3/4 81	32 3/8 82	32 1/8 82	33 84	33 5/8 85
<b>YOUR SIZE</b>		4	6	8	8TALL	10	10TALL	10+	12	12TALL	12+	14	14+	16	18

## DONNING YOUR WETSUIT

- Lay the wetsuit out flat and do a visual inspection as described earlier in this manual.
- Proceed only if you deem the wetsuit to be in good condition.
- Remove jewelry and other sharp or jagged objects that may cut the wetsuit material and the seals in the wrist, ankle and neck areas.
- Open all zippers.
- Roll the top of the wetsuit over the outside of the lower wetsuit to the waist or crotch level
- While seated – grasp the leg of the suit and ease your foot into the suit until the foot passes completely through the ankle seal. Grasp around the leg to work the suit up, do not grab folded pieces of material and tug or pull.
- **AVOID PINCHING THE WETSUIT** as you pull it up.
- Repeat with the other leg.
- Stand and work the crotch of the wetsuit up until it fits against the body.
- Roll the remainder of the wetsuit up the body and place the arms into the wetsuit.

- Extend the arms up over the head and work the wetsuit onto the arms.  
**NOTE:** Users with long finger nails should cup the fingers into the palm.
- during this step to avoid cutting or tearing the seal with the fingernails.
- For back-zip pull the back zipper pull smoothly and gently upward moving it as vertical as possible until it reaches the stop. Take care to ensure any undergarments and the zipper flaps are not caught in the zipper slide or teeth.
- **OR** - For cross chest zipper and cross back zipper wetsuits – work the head through the neck seal (or attached hood opening), and position the wetsuit so that the zipper lies flat against the body. Then, pull the cross wetsuit zipper slowly and gently across the body until it reaches the stop. Take care to insure any undergarments and the zipper flaps are not caught in the zipper slide or teeth.
- If equipped with wrist and ankle zippers fold the underlying gussets flat and close these zippers taking care not to catch the gusset material in the zipper teeth or slider.

## USING YOUR WETSUIT

Like all exposure protection **BARE**® wetsuits must be used with reasonable limits. **BARE**® wetsuits should not be used for diving unless the user has completed **SCUBA** certification training under the supervision of a properly certified and industry recognized **SCUBA** Diving Instructor.

### DO NOT:

- Exceed the maximum depth for which you are qualified and certified.
- Use the wetsuit in contaminated or polluted environments, nor in toxic or hydrocarbon-rich waters.
- Use the wetsuit as a buoyancy or safety flotation device.
- Use the wetsuit with any weight system that is not equipped with a quick-release system.

## RISK FACTORS

Like all diving activities the use of a **BARE**® wetsuits carries certain inherent risk.

### **HYPERTHERMIA** and **HYPOTHERMIA**

Wearing a neoprene wetsuit on the surface in warm weather can create a hazardous situation. The wetsuit disrupts the body's ability to cool itself and can therefore allow the body to overheat in even moderate temperatures. Care must be taken to keep cool and well hydrated pre and post activity. Failure to follow these instructions can lead to hyperthermia which can cause significant injury or death.

**BARE**® wetsuits provide excellent thermal protection however no wetsuit can actually keep your body warm. The purpose of a wetsuit is to slow the body's loss of heat and to therefore allow extended periods of comfortable and safe exposures to the underwater world. Users must be aware of their thermal stress levels and take care to exit the water before they become chilled. Failure to follow these instructions can lead to excessive cooling of the body's core temperature, hypothermia, which can cause significant injury or even death.

The temperature ranges in which wetsuits are recommended is determined by thermal ranges established in EU regulations shown below. The thermal ratings for specific models and thicknesses of **BARE**® wetsuits are shown on the last page of this manual.

# WET SUIT THERMAL PROTECTION CLASS

Thermal performance class of wetsuit material	Water temperature ranges (°C)
A	7°C/45°F to 12°C/54°F
B	10°C/50°F to 18°C/64.5°F
C	16°C/60.8°F to 24°C/75.2°F
D	>22°C/72°F

## ALLERGIES

A small percentage of the population is known to experience allergic reactions to neoprene, polyester, nylon or latex. Make sure you do not suffer from allergies to these materials before purchasing or using any wetsuit containing them.

## POST-USE CARE AND MAINTENANCE








































- Inspect your wetsuit after every use to insure it has not been damaged.
- Damaged wetsuits should be returned to a BARE® authorized dealer for immediate service.
- Never use Aquaseal/Aquasure to repair your wetsuit. Doing so will void the warranty.
- Rinse your wetsuit in flowing fresh water to remove salt and other deposits after each use.
- Hang the wetsuit away from direct sunlight in a position that allows water to drip from the wetsuit and allow it to completely air dry inside and out before storing.
- The wetsuit should be periodically washed with mild detergent either by hand or on the delicate cycle in washing machine.
- Store your dry wetsuit in a cool, dry place, preferably hanging from a wide shoulder hanger that will not stress and damage the shoulders of your wetsuit.
- When your wetsuit reaches the end of its useful life, it must be disposed of in accordance with local regulations.

## THERMAL RATINGS

Thermal performance classes of materials based on their immersed thermal resistance at 1 bar and 6 bar.

Thermal performance class	Immersed thermal resistance at surface $m^2 \cdot K \cdot W^{-1}$	Immersed thermal resistance at 6 bar $m^2 \cdot K \cdot W^{-1}$
A	$\geq 0,15$	$\geq 0,03$
B	0,10 – 0,149	$\geq 0,02$
C	0,07 – 0,099	$\geq 0,01$
D	0,05 – 0,069	$\geq 0,01$

# ICONS AND MARKINGS GLOSSARY

 <p><b>Wash</b></p>	<p><b>Machine Wash Cycles</b></p>  Normal  Permanent Press  Delicate/Gentle  Hand Wash	<p><b>Warning Symbols for Laundering</b></p>  Do Not Wash  Do Not Bleach  Do Not Dry (used with Do Not Wash)  Do Not Iron	
 <p><b>Bleach</b></p>	 Any Bleach When Needed  Only Non-Chlorine Bleach When Needed	 Do Not Dry (used with Do Not Wash)  Do Not Iron	
 <p><b>Dry</b></p>	<p><b>Tumble Dry Cycles</b></p>  Normal  Permanent Press  Delicate/Gentle  Line Dry / Hang to Dry	<p><b>Additional Instructions (in Symbols or Words)</b></p>  Do Not Wring  Do Not Tumble Dry  Dry Flat  In the shade (added to line dry, drip dry, or dry flat)  No Steam (added to iron)	
 <p><b>Iron</b></p>	<p><b>Iron-Dry or Steam</b></p>  200C (390F) High  150C (300F) Medium  110C (230F) Low	 In the shade (added to line dry, drip dry, or dry flat)  No Steam (added to iron)	
 <p><b>Dryclean</b></p>	<p><b>Dryclean - Normal Cycle</b></p>  Any Solvent  Any Solvent Except Trichloroethylene  Petroleum Solvent Only	 Do Not Dryclean	<p><b>Dryclean - Additional Instructions</b></p>  Short Cycle  Reduced Moisture  Low Heat  No Steam Finishing



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