

Hypothermia Table

Thanks to Shawn Baker for submitting this table.

Water Temperature in Degrees F (Degrees C)	Loss of Dexterity (with no protective clothing)	Exhaustion or Unconsciousness	Expected Time of Survival	Recommended Paddling Clothing*
32.5 (0.3)	Under 2 min.	Under 15 min.	Under 15 to 45 min.	Drysuit with fleece layers, neoprene booties, beanie, gloves
32.5 to 40 (0.3 to 4.5)	Under 3 min.	15 to 30 min.	30 to 90 min.	Drysuit with fleece layers, neoprene booties, beanie, gloves
40 to 50 (4.5 to 10)	Under 5 min.	30 to 60 min.	1 to 3 hrs.	Drysuit with fleece or polypro layers, neoprene booties, beanie, gloves
50 to 60 (10 to 15.5)	10 to 15 min.	1 to 2 hrs.	1 to 6 hrs.	Drysuit with polypro layers or wetsuit plus drytop, neoprene booties, hat
60 to 70 (15.5 to 21)	30 to 40 min.	2 to 7 hrs.	2 to 40 hrs.	Wetsuit with light paddling jacket, paddling shoes, hat
70 to 80 (21 to 26.5)	1 to 2 hrs.	2 to 12 hrs.	3 hrs. to indefinite	Thin or shorty wetsuit
Over 80 (Over 26.5)	2 to 12 hrs.	Indefinite	Indefinite	Swimsuit

* This table is intended as a basic guide for paddling apparel selection for various water temperatures. If water/weather conditions are rough or paddlers are inexperienced, clothing one or two levels more protective should be considered. Always wear a PFD.

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