



# HOW TO TRY ON A TECH SUIT

## TO PUT ON THE TECH SUIT:

- Do not let your fingernails get near the suit! Even if you don't think you have nails, using that part of your fingers to pull up the suit can result in you putting a hole in the suit. Use your thumb and the side of your next finger to "pinch and pull".
- Keep your under garments on during try on.
- Do not try to put a tech suit on if you are wet!
- If your tech suit has rubber grips at the bottom of the legs, flip them up while putting on the suit.
- Once the suit is on your legs, pull it up as high as possible. "Pinch and pull", avoiding your nails being anywhere near the suit!
- Next step is getting it over your rear. Try to grip a thicker part of the fabric. Again, avoid your nails getting near the fabric, and don't use the end of your fingers to pull the suit up. This can result in you putting your finger through the suit. Take your time, this step can be challenging.
- For guys, once it's over your rear, you're done! For girls, continue to the next step.
- Girls, the next step is the straps. Pull the body of the suit up as high as you can. Put one arm through the strap at a time. Many girls need a 2<sup>nd</sup> person to help them with this step.

## CHECKING THE FIT OF YOUR TECH SUIT:

- There shouldn't be any wrinkles anywhere!
- There should be very little room to pull the bottom of the suit away from the legs.
- For girls, go streamline, be sure there is no puckering at the top of the chest area or in the open area on the back of the suit. Also, check the straps to be sure you can barely pull them up from the shoulders.
- Suit should be as tight as possible! Remember, your suit will stretch, this is the tightest it will be.

## CARING FOR YOUR TECH SUIT:

- When taking off your suit, be careful not to let your nails get near it!
- Rinse your suit in cold water ASAP, then lay it flat to dry (placing it on a towel is recommended).
- Do not wring out the suit, this could stretch it.
- Main goal: get the chlorine out of your suit!!
- Wearing the suit longer than needed can stretch out your suit.
- Techs are only designed to last a limited number of swims, so only wear them when necessary!

**OTHER QUESTIONS? CALL US AT 224-676-0344!**