



Cracked skin on a paddler's hands is typically due to a combination of water, wind, and low humidity and is easily prevented by having the paddlers wear windproof pogies while paddling. Pogies are also available with a pile lining or in neoprene for paddling in cold weather. They attach using velcro to the paddle and you slide your hands into them when you are ready to paddle. NOTE: pogies are also available (or may be used) to protect a rider's hands while bicycle touring.

For additional protection in arid climates, use a moisturizing cream (Cetaphil®) throughout the day and at night. A combination of pogies and skin protection prevents most, if not all skin damage. Glue small cracks together using super glue before they deepen and bleed.