



Neoprene Thickness Chart

Thickness (mm)	Applications	Warmth	Flexibility	Durability	Notes
1mm	Base layers, swimsuits, sleeves, hats	Minimal	High	Moderate	Ideal for warm water activities, provides UV protection
2mm	Rashguards, spring/summer wetsuits, liners	Moderate	High	Moderate	Good balance of warmth and flexibility for moderate water temperatures
3mm	Spring/summer wetsuits, tops, shorts	Moderate	Medium	Moderate	Suitable for a wider range of water temperatures, offers good insulation and flexibility
4mm	All-season wetsuits, diving suits	High	Medium	High	Provides significant warmth and protection for cooler water temperatures
5mm	Winter wetsuits, cold-water diving suits	Very high	Low	High	Ideal for cold water environments, prioritizes warmth over flexibility
6mm	Deep-sea diving suits, spearfishing	Very high	Low	Very high	Offers maximum warmth and protection for extreme conditions
7mm	Specialized diving suits, ice diving	Extra high	Very low	Very high	Used for extreme cold water environments, prioritizes warmth and protection over mobility
8mm-10mm	Specialized diving suits, industrial applications	Extreme high	Minimal	Very high	Used for extreme conditions where maximum warmth and protection are crucial