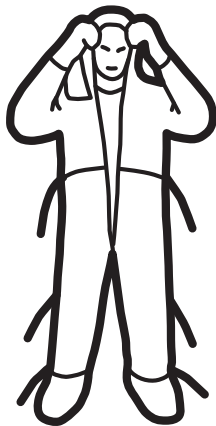


**jump in with the legs**



**pull hood over head**



**close main and arm zipper**



**close foot tapes tightly**



**enter water feet first**