



Kit list

Essentials

- ★ Swimming costume
- ★ Hat – this can be a swim cap or bobble hat

If you swim with your face in the water

- ★ Swim hat
- ★ Goggles
- ★ Earplugs

For sea sessions

- ★ Tow float
- ★ Wetsuit socks or shoes you can swim in

For extra warmth (optional)

- ★ Wetsuit
- ★ Neoprene hat
- ★ Neoprene gloves

For afterwards (essential)

- ★ Towel, towels and/or DryRobe
- ★ Hot drink
- ★ A post-swim snack
- ★ Water
- ★ Something to put wet things in afterwards
- ★ A mat to stand on to change (if needed)

Swim hats are essential. You may not be used to wearing one, but they help your body retain heat and make you more visible. If you swim heads-up breaststroke, you can wear a bobble hat if you prefer.

Wetsuits are optional. If you choose to wear one, please make sure it's well fitted and designed for swimming.

Goggles and **earplugs** are important if you swim with your face in the water because they protect your ears and eyes from cold and from bacteria that may be in the water.

Tow floats are essential in the sea, but you don't need one in the lake. If you need to borrow one, let me know as I have spares.

Pack to warm up Your post-swim recovery kit is almost more important than your swim kit, especially in the colder months so give this lots of thought.

If it's raining make sure you bring a waterproof bag (a bag for life works well) or tarpaulin for keeping your clothes dry while you swim.

