

# In the wet stuff

## Suggested Kit List - Open Water Swimming

Wetsuit, swim specific suit recommended although a surf suit will be fine for most situations, a good fit is a priority.

Neoprene hat, gloves and boots/swim socks and earplugs (especially early in the season)

Brightly coloured swim hat (one is provided to new swimmers)

Tow float (we will lend you a float at each swim if deemed necessary)

Goggles, two pairs recommended one with polarised/mirrored lenses.

Swim costume, nothing fancy, needs to be close fitting.

Body Glide anti-chaff stick ( This is safe to use on neoprene, Vaseline and other petroleum based products are not)

Towel

Warm clothing, even on warm days. Thin layers rather than one thick item. Multiple layers, robes, hats and gloves.

Drinks. Warm sweet drink in a flask is great after a cold swim.

Sunscreen

Anti-bacterial hand gel for after swim before you eat/drink something

Suitable container/bag for wet kit

Changing mat or similar keeps your kit clean and can help insulate from the ground.