

## Kit List – May 2021

Training				
	Learn to Swim	Wave 1, 2	Wave 3	Wave 3+, 4, 4+, X
BSC Swimming Cap	X	X	X	X
2 pairs of goggles	X	X	X	X
500ml of water / juice	X	X	X	X
Training Fins (Short Type)		X	X	X
Finis Swimmers Snorkel		X	X	X
Pullbuoy			X	X
Finis Agility Paddles			X	X
Post training snack - High Protein			X	X
Recommended: Finis TempoTrainer				X
Competition				
	Galas	Open Meets		
BSC Swimming Cap	X	X		
2 pairs of goggles (should be trialled in training)	X	X		
500ml of water / juice	X	X		
Racing costume	X	X		
BSC Tshirt (Swimzi or Silverback)	X	X		
Trainers / sliders for poolside	X	X		
Towels x2	X	X		
Snacks - dried fruit / rice cakes. NOT SWEETS OR CRISPS	X	X		
Packed lunch	X	X		
Hoody / tracksuit bottoms for poolside		X		
Training costume (for warm up*)		X		
500ml of water / juice FOR EACH 2 HRS AT VENUE		X		
* then change into dry costume to reduce heat loss				