

Swimmers' essential kit

1. Minimum of two swimming costumes/trunks
2. Two swimming hats
3. Two pairs of goggles
4. Kickboard
5. Pull buoy
6. Fins
7. Hand paddles
8. Snorkel
9. Extra towel/exercise mat for dry land training
10. Trainers,t-shirts,track suit
11. Skipping rope
12. Light to medium resistance band
13. Sun tan cream
14. Water bottle