

Training Equipment List

- Wet bag
- Kickboard
- Pull buoy
- Hand paddles (to be slightly larger than swimmer's hand)
- Pull band
- Finger Paddles
- Hydrotech 2 Fins
- Finis snorkel or equivalent
- Foam Roller
- 2 x 1 litre drinks bottles
- Spare hat & goggles (to be kept in wet bag)