



WINTER SWIMMING WORKSHOP

Kit List:

Compulsory

- Swimming Costume / Trunks
- Towel (s)
- Swimming Hat – Silicone / Neoprene * (SwimWild silicone swimming hats will also be available to buy on the day)
- Goggles*
- Something for your feet (to wear in the water) - neoprene socks*/boots or water shoes
- Woolly hat* and warm gloves
- Lots of layers of warm, loose fitting clothing e.g. baggy t-shirts, loose fitting tracksuit bottoms, fleeces/jumpers, warm jackets - If in doubt, just bring as much warm stuff as you can. You will be amazed how many layers you can fit on after a swim!

Optional

- Wetsuit
- Neoprene Gloves* - Highly recommended!
- Tow Float
- Hot Water Bottle
- Hot drink / Sugary Snacks
- Flip Flops / Crocs

*small selection to borrow if needed

If you need advice on wetsuits or any other equipment, please let us know in advance.

Happy Swimming!

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