



Guided Swimming Adventure Kit List

Swimming Kit - Essential

Swimming costumes/trunks - ideally enough for 2 or 3* short swims
Goggles
Swimming cap (SwimWild cap provided but feel free to bring your own if you prefer!)
Neoprene socks/swim shoes - for rocky entries
Towel/changing towel/robe (I have some that can be borrowed needed)

Swimming Kit - Optional

Wetsuit
Extra neoprene bits and bobs (gloves, hats etc)
Ear plugs
Tow Float - if you want to do a longer swim

Footwear + Clothing

Sturdy walking shoes/boots
Insulated jacket
Woolly hat & gloves
Warm layers for after your swims
Waterproof jacket + trousers

Other Personal Kit

Day pack/rucksack suitable for walking and carrying swim kit
Drybag to separate wet and dry kit inside bag (I have some that can be borrowed needed)
Packed lunch or money for cafe lunch - we can discuss this as we plan the day
Flask
Water bottle
Camera
Sunscreen (we live in hope!)
Sunglasses
Midge repellent (just in case!)
Personal medication, if required

*full-day only

Happy Swimming!

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