



INTRODUCTION TO OPEN WATER SWIMMING COURSE

Please note these sessions will run in all-weather conditions unless deemed unsafe to do so.

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*
- Swim shoes/neoprene socks*
- Woolly hat*
- Other warm layers of clothing e.g. thick jackets, jumpers, base layers, gloves, scarf

Optional

- Wetsuit (hire available with advance notice)
- Neoprene Gloves *
- Tow Float *
- Hot Water Bottle
- Hot drink / Sugary Snacks
- Flip Flops / Crocs

* We have a small selection of these items that can be borrowed for your session. It is helpful if you let us know in advance what you will need to borrow so we can make sure we bring what you need on the day.

Please note there will be no changing facilities during the session (we change on the beach) and no options for wetsuit hire on the day. If you need advice on wetsuits please let us know in advance.

Happy Swimming!
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