



## West Coast Weekend Packing List

### Swimming Kit - Essential

Swimming costumes/trunks - enough for 2 or 3 short swims a day  
Goggles (+ a spare pair)  
Swimming cap  
Towel/Towel robe  
Neoprene socks or shoes - for exploring the shore/rock-pools etc  
Tow Float (we do have a couple people can borrow if needed)

### Swimming Kit - Optional

Wetsuit - if you have a spare this might also be useful to bring  
Extra neoprene bits and bobs (gloves, hats etc)  
Ear plugs

### Personal Clothing and Footwear

Comfortable walking clothes  
Warm layers for after swims  
Warm jacket (down or synthetic insulated)  
Waterproof jacket & trousers  
Walking boots/sturdy walking shoes - some tracks may be wet/muddy underfoot  
Wooly Hat & gloves

### Other Personal Kit

Rucksack/daypack for carrying swim kit + packed lunch  
Drybag to separate wet and dry kit in your pack  
Camera & spare batteries  
Sunscreen & Sunglasses (we live in hope!)  
Midge repellent (just in case!)  
Thermal Flask  
Water bottle  
Other personal medication, if required  
Money for drinks

**Happy Swimming!**

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