




# Swimming kit list for new starter

## Essential basics

Items	Examples
Short Fins	
Kickboard	
Pullbuoy	
Large mesh kit bag	 or 
Drinks bottle	
Goggles (2 pairs, one as spare)	
Hat (2 in case one hat breaks)	

**Nice to have:**

Centre snorkel	
Paddles  or finger paddles (NO big traditional paddles for the under 12s)	<b>Recommended:</b> 
Ankle strap	
2 tennis balls	
2 squash balls	