

# Swimming Kit

Here are a few kit ideas to keep you safe and comfortable when outdoor swimming. We would recommend to start with the basics and add to your kit if required. Consider borrowing, hiring or used kit to test it out before you purchase.

There are many great brands to check out - Zone 3, Lomo, Blue Seventy, Speedo, Zoggs, Swim Secure to name a few. Salty Seabirds, Decathlon and Amazon have a good selection of reasonably priced kit.



## Swimwear

This is whatever you feel comfortable wearing so you enjoy being in the water. Everyone is different and what you wear can change throughout the year depending on water temperature, how long you are planning to be in the water for and how you are feeling. Clothing that is not too heavy and baggy when it is full of water is recommended. **Swim costume, trunks, bikini, wetsuit, shortie wetsuit, rash vest, swim or gym leggings, skirt, shorts** and so many more.



## Swim Accessories

**Swim hats** in bright colours so you can be seen in the water, this includes woolly hats!

**Goggles** if you would like to put your face in the water. Specific open water goggles have a tint to reduce glare from the sun and can be larger to improve peripheral vision.

**Ear plugs/nose clips** if needed to reduce infections if you are prone to them.

**Water /wetsuit shoes** can improve your comfort and protect your feet from the pebbles.

A **Tow Float** is a brightly coloured inflatable safety float that clips around your waist and bobs around behind you as you swim. It makes you more visible to other water users (boats, kite/wind surfers etc) and some are dry bags that can store essentials such as keys, and phone



## Changing



A **towel** to dry you after your swim. Microfibre is compact and can be good for storage.

**Warm clothing**, layers, hats and gloves that are easy to pull on (vest top to step into ladies!)

**Changing Robes** (waterproof or towelling) can prove invaluable if you struggle to change under a towel on a windy beach. You can even sew two towels together! Dryrobe, Charlie McLeod, Zone 3, Gorilla Robes and Red are some of many on the market.

A **Changing Mat** to stand on can save your feet from sandy and pebbles - other ideas include a bath mat, bag for life or yoga mat.

**Bag** for dry and wet kit. - ikea bag, bag for life, drybag, backpack, sports bag etc

## Cold Water Extras

The average water temperature in the UK is a chilly 12 degrees and can drop below 5 degrees in the winter.

You may like to try **neoprene gloves, socks, thermal hat**, additional layers, long sleeved tops/swimsuits to keep you warmer or so you can stay in for a little longer.

A **hot water bottle** to warm your clothes and hold after can be a real treat.



## After Your Swim

You can enjoy a **warm drink** and a **sugary snack** to help with rewarming and refuelling.

Chat on the beach with friends sharing a slice of cake!

Remember to rewarm slowly and its best not to jump into a hot bath or shower as soon as you get home.

If you have any questions or would like to look at kit before you buy please get in touch.

If possible, please buy sustainably and support a local business.

