

Equipment List- Junior Groups

Wet

- Training Suit (brief or drag suit preferred for boys)
- Goggles; Two Pairs Minimum
- SWAT Cap; 2 Minimum
- Water Bottle
- Kickboard small
- Training Fins
- Training Snorkel
- Paddles (lean towards smaller size)
- Racing suit*

Dry

- Yoga Mat

*Racing suits are optional. Swim NS and Swimming Canada discourage their use for anyone not at National level competition. A slimmer cut of suit or a suit a size smaller than training will offer many of the same benefits at a fraction of the cost