

RSC Equipment List 2023

Essential equipment that all swimmers need:

Cap, Goggles, Towel, SwimBag, practice suit, team suit

Bronze Equipment:

Kickboard, long fins

Silver 2 Equipment:

Kickboard, long fins, pull buoy, mesh bag

Silver 1 Equipment:

Kickboard, long fins, pull buoy, paddles, mesh bag

Gold 1&2 Equipment:

Kickboard, long fins, pull buoy, paddles, snorkel, mesh bag