



2023-2024 HEAT Equipment List

Group 1 (optional)

Kickboard
Small Pull Buoy

Group 2

Kickboard
Small Pull Buoy

Group 3

Kickboard
Small Pull Buoy
Fins

Group 4

Kickboard
Small Pull Buoy
Paddles (ask your coach first)

Group 5

Kickboard
Small Pull Buoy
Paddles (ask your coach first)
Drag or Denim shorts
Band
Snorkel (optional)