

CIA EQUIPMENT LIST— Intro

SWIMMER EQUIPMENT LIST Recommendations

Swim Suit

Well fitting suit, such as jammer or speedo for boys and 1 piece for girls

Mesh Bag

To hold all swimmers equipment

Goggles

2 pair of goggles

CIA Swim Cap

2 CIA swim caps for practice/meets

Fins

Any Short fins will work

Pullbuoy

Smaller PullBuoy

Kick Board

Not a huge board, smaller ones do the trick

Water bottle