



Training Equipment List

2025-26 *updated 8/29/2025

	*Dryland Clothing 	Swim Cap 	Goggles (2) 	Kickboard 	Long Fins 	Water Bottle 	Mesh Bag 	Pull Buoy 	Bullet Snorkel 	Paddles 	Short Fins 	Tempo Trainer 
Cat 5 Orange & Silver												
Cat 4 Orange & Silver												
Cat 3												
Cat 2												
Cat 1												
Tropical Storm												

Images are for example purposes. One team cap will be provided with registration.

Please write the swimmer's name on all equipment. Shirt, shorts, and sneakers are required for dryland participation.