
Ensure your Personal kit is all marked and clearly belonging to you.
It is important that you own your own equipment to ensure that you do not have to rely on others or the correct equipment being available at the venue

Any Brand Mesh bag



Michael Phelps fins
Any brand but must be short



Michael Phelps strength paddles
Vents & palm risers enhance feel for the water
Available in 3 sizes
Any brand but must have vents and fit hand



FINNIS PULLING ANKLE STRAP



Pull buoy any brand
DEV B/C RED/ORANGE SMALLER 2 BAND



Micheal Phelps or Finnis Front loading Snorkle



Kick Board any brand



FINIS Pacer
Optional
To maintain constant stroke rate



Water bottle any brand wash out each night to avoid bacteria buildup
avoid bacteria build up & tummy upsets or disposable bottles



Rollers for trigger point release , knotty fibres
Any brand



	SQUAD	NAR	COUNTY	JCD	DEV B	DEV C	RED B	RED A
	Mesh Kit B	✓	✓	✓	✓	✓	✓	✓
	Short Fins	✓	✓	✓	✓	✓		
	Paddles	✓	✓					
	Ankle band	✓	✓					
	Pull Buoy	✓	✓	✓	✓	✓		
	Snorkle	✓	✓	✓	✓			
	Kick Board	✓	✓	✓	✓	✓	✓	✓
OPTIONAL	Finis Pacer	✓	✓					
OPTIONAL	Roller	✓	✓					
OPTIONAL	Yoga mat							

