



2025-2026
Swimmer Equipment List

EQUIPMENT	Fins	Water Bottle	Snorkel	Swim Cap	Kick Board	Pull Buoy	Mesh Bag	Finger Paddles	Hand Paddles
Pre-Comp	R	R	R	O	O	O	O	—	—
Devo	R	R	R	O	O	O	O	O	—
Train	R	R	R	R	R	R	R	O	—
Race	R	R	R	R	R	R	R	—	R
Jr/Sr	R	R	R	R	R	R	R	—	R

(R=Required, O=Optional)

****See Equipment description notes following on page 2***



EQUIPMENT NOTES:

FINS: Good fitting, in good condition, reduced (training) blade, open heel design preferred. (ie. Arena, Speedo, TYR)

WATER BOTTLES: Stay hydrated, even while in the pool!

SNORKEL: Should have a purge valve below mouthpiece and have an adjustable headpiece. (ie. Arena, FINIS, Vorgee)

SWIM CAP: Team cap is provided by the club (other designs also permitted if desired)

KICK BOARDS: Tapered design with minimal buoyancy. Venues have kickboards to borrow, if needed

PULL BUOY: Size and design of pull buoys should compact with minimal buoyancy.

MESH BAG: Lightweight mesh swim bag for keeping wet items organized on pool deck

FINGER PADDLES: Lightweight paddles covering only fingers (not thumb or wrist). Club paddles can be lent to swimmers, if needed. Recommended brands are Arena and Speedo.

HAND PADDLES: Hand Paddles are to be only slightly larger than the swimmers hand and have tubing straps for the wrist and middle finger. Recommended brands are Arena and Speedo.

SWIMSUITS NOTES:

TRAINING SUITS: Training suits should be one-piece, comfortable, tight fitting and modest.

RACING SUITS: Racing suits should be compliant with the FINA standards. Used for competition only. Recommendation is to limit the number of times that this suit is used in competition in order to preserve it.