SOUTH32 ROTTNEST CHANNEL SWIM

Swimmers' Checklist

Things you might want to bring…

- ☐ Swimsuit
- ☐ Goggles (2 pairs…just in case)
- ☐ Swim cap (your Rotto swim cap and a second cap underneath to keep the heat in)
- ☐ Race Tattoos
- ☐ Dry clothes (especially a jacket to keep you warm)
- ☐ Bathers (a spare pair…just in case)
- ☐ A towel (or two)
- ☐ Chamois
- ☐ Hat
- ☐ Sunglasses
- ☐ Water (LOTS)
- ☐ Sunscreen/zinc (waterproof)
- ☐ Sea sickness medication
- ☐ Personal medication
- ☐ Wool fat/*Vasoline/Glide*
- ☐ Shoes
- ☐ Phone
- ☐ Dry Bag - to get the lead swimmer's clothes and valuables to the boat via the paddler
- ☐ Esky and ice
- ☐ Food (for during and post swim)
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____