



**SOUTH32
ROTTNEEST
CHANNEL SWIM**

Paddlers Checklist

Recommended equipment for event day
from the pros

- Paddle
- Lifejacket (Level 50 minimum)
- Paddle craft number stickers
(placed well above the water line)
- Water bottle/camelpack
- Rashie/long sleeve shirt
- Long pants/leg covering
- Water shoes
- Dry bag
- Sunscreen
- Sunnies with strap
- Snack/energy gels
- Waterproof phone case
- Seat with padding/cushion
- Wide brim hat
- Fingerless cycling gloves
- Seasickness medication
- Whistle
- Paddle leash
- Waterproof watch
- Thongs
- Money
- _____
- _____

Don't Forget!

The water on event day can get very rough so make sure to practice (with all of your gear) your paddle craft overturning and getting everything back in.