

Swimmers Checklist

Recommended items for event day from the pros

- Swimsuit (FINA approved)**
- Goggles (2 pairs...just in case)
- Swim caps (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 (just in case)
- Towels (at least two)
- Chamois
- Hat
- Sunglasses
- Water (LOTS)
- Sunscreen/zinc (waterproof)
- Sea sickness medication
- Personal medication
- Wool fat/Vaseline/Glide
- Shoes
- Phone (in a waterproof case)
- Dry Bag - to carry swimmer's clothes and valuables to and from the boat via the paddler
- Esky and ice
- Food (for during and post swim)
- _____
- _____
- _____
- _____

Don't Risk It!

We've seen swimsuits tear at the start line, goggles break mid swim and towels fly overboard! Make sure to have spares/ample supplies where possible to make sure you're not caught out.