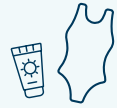


Swimmer Checklist

- Swimsuit and spares**
- Race tattoos**
put on before applying sunscreen; if you are wearing a wetsuit, put the sticker on your sleeve AND write your race number on your swim cap
- Timing strap**
- Sun cream / zinc**
- Goggles and spares**
- Port to Pub swim cap**
- Shoes**
- Towels**
- Sunglasses**
- Ocean Grease**
available at oceangrease.com.au or select pharmacies
- Water bottle**
make sure to stay hydrated before, during, and after the event
- Esky of fluids and nutrition**
labelled as needed
- Warm clothes**
for the morning before you swim
- Medications**
seasickness and other as required



Note: Swimmers should each have a bag on the boat to carry personal gear and event needs. We recommend labelling your bag and items you don't want to lose with your name and contact information.

Swimmers starting from the beach

- Contact your skipper and paddler in the morning to make sure they are on schedule.
- Organise someone to drop you and your paddler off at the beach; give yourself a good amount of time before your scheduled start.
- Give your phone and keys (and any clothing you are wearing that you need for the day) to your paddler to take to the boat; we recommend putting these items in a waterproof