

Swimmer Checklist

- Swimsuit and spares**
- Race tattoos**
affix one sticker to each of your upper arms 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 for the finish**
- 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
- Swimmer tow float (if applicable)**
to use in place of (or in addition to) a paddler; also useful as a back-up in case anything happens to your paddler or paddle craft

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.

