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**Swim Checklist**

Please see below a list of kit/equipment to pack for your Round Jersey/Jersey to France/English Channel etc. Note that this list is just a guideline and is not exhaustive.

**Kit**

|  |  |
| --- | --- |
| Swimming costume and spares |  |
| Goggles and spares (+ a clear pair in case of night swim) |  |
| Swimming hat and spares |  |
| Towel/s |  |
| Dryrobe |  |
| Warm clothes for afterwards (loose layers are best) |  |
| Light sticks/Adventure Lights |  |
| Drybag for kit |  |

**Feeds**

|  |  |
| --- | --- |
| Liquid feeds that you have trained with e.g. CNP/PSP/Tea/Hot Ribena/Gels etc.  (Have these premixed and read to add hot water to\*) |  |
| Solid feeds that you have trained with e.g. Bananas/Jelly Babies/Chocolate |  |
| Spare feeds (in case extra needs to be mixed) |  |
| Feeding Bottles |  |
| Feeding Reel |  |
| Feeding Cup (for solids and medication) |  |
| Means of fastening reel to bottles/cups e.g. Carabina clips/electrical tape |  |
| Funnel |  |
| Spoon |  |
| Scissors (to cut string for reel if tangled) |  |
| Measuring Jug |  |

**Other**

|  |  |
| --- | --- |
| Grease and gloves |  |
| Suncream (waterproof/high factor) |  |
| Medication (clearly labelled for crew) e.g. Paracetamol/Ibuprofen/Anti-Histamine |  |
| Waterproof Camera |  |
| Notebook for crew to note down any funny moments/comments |  |
| Black sacks (to put kit in if it rains) |  |
| Passport for swims outside of Jersey Waters e.g. Jersey to France / English Channel |  |
| Whiteboard/pens for notes and messages (some swimmers like this/some don’t) |  |

\* N.B. Hot water is provided onboard JLDSC club boat