

Open-Water Swimming Kit List

Helpful kit for a comfortable session in and around the loch.

A guide, not a test

This is a guide to the things that can make an open-water session more comfortable. SwimWise plans sessions safely with or without participants' own kit, and adapts the activity as needed.

Useful swim kit

Bring what works for you and the session.

- A well-fitting wetsuit if you use one or if it will make you more comfortable in the conditions.
- A swim cap - a bright colour can make it easier to spot one another in the water.
- Goggles that you have already adjusted and are comfortable wearing.
- A tow float, if you use one.
- Footwear for the beach and water entry, such as sandals, wetsuit boots or water shoes.

Post-swim warmth

- A large towel or changing robe.
- A full set of dry clothes, including warm layers.
- A hat and gloves, particularly in colder conditions.
- A warm drink, water and something to eat after your swim.

Useful extras

- A waterproof bag for wet kit and a separate dry bag for clothes and valuables.
- Any medication you may need, such as an inhaler - please make sure the session leader knows where it is.
- A changing mat or dry towel to stand on, if that makes changing more comfortable.

Before you come

- Check the session message on the day, including meeting point and timing.
- Update any relevant health or safety information through Soakly before the session.
- Arrive ready for the briefing. You are welcome to wear your wetsuit to the waist, but wait for the session lead before getting fully ready to enter the water.

A wee note

Open-water sessions are planned safely with or without participants' own kit. We will adapt the activity as needed and may postpone or cancel if the conditions and plan do not support safe participation.

Love Water. Swim Safely.