

Early Years & Parent-Child Kit List

For comfortable, confident sessions together.

Keep it simple

You and your wee one do not need lots of kit. A few warm, familiar things will make the journey from changing room to pool and back much easier.

What to wear

- A secure swimsuit for your child - nothing loose or overly baggy.
- A swimsuit you can move and support in, if you are getting into the water with your child.
- If your child is not toilet trained: a double swim-nappy system (a disposable swim nappy under a reusable swim nappy).
- A rash vest or neoprene baby/child suit, if extra warmth will help.
- A hair tie or clip for longer hair, if useful.

What to bring

- A towel for each swimmer - an extra towel is never a bad idea with wee ones.
- Clean footwear for getting to and from the pool and using the changing areas.
- Warm, easy-to-put-on layers for afterwards, plus a spare nappy and clothes if needed.
- A drink and a small post-swim snack for after the session.
- Any medication or essential item your child may need.

Optional comfort items

Bring these if they help your child feel settled.

- A changing robe, towel poncho or extra-large towel.
- A small familiar comfort item for before or after swimming.
- A changing mat or extra towel for the floor or changing bench.
- Well-fitting goggles, if your child already enjoys using them. They are not needed for every early-years session.

A wee note

We provide the teaching equipment and pool toys. If you need an adjustment or a little extra planning before the first session, please tell us through Soakly or get in touch.

Love Water. Swim Safely.