



Island Swimming 2023-2024 Competitive group Equipment Lists

Intro Competitive

- Island Shirts + Caps
- Goggles
- Kickboard
- Fins
- Snorkel
- Pull Buoy (Small)

Regional

- Island Shirts + Caps
- Goggles
- Kickboard
- Fins
- Snorkel
- Pull Buoy (Small)

Provincial

- Island Shirts + ISC Track Jacket, Hoodie or Parka + Caps
- Goggles ([Vanquishers](#) or [Speed sockets](#)) Comfort here is most important!
- Kickboard (smaller is better. The green ISC ones are great!)
- [Fins](#)
- Snorkel (without drain at bottom; [Finnis](#), [Speedo](#), or [Arena](#))
- Pull Buoy (Small)
- Band (we will provide)
- Hand Paddles ([Strokemaker](#) or [power paddles](#)) Size of swimmers hand, not much bigger

National

- Island Shirts + ISC Track Jacket, Hoodie, or Parka + Caps
- Goggles
- Kickboard
- Fins
- Snorkel
- Pull Buoy
- Band
- Hand Paddles

We have Some items in stock - caps, goggles, paddles, snorkels and meshbags - must be purchased using the [Proshop](#) on the website to confirm availability

We DO NOT stock fins

T-shirts and track jackets can be purchased after September 20th.

Please contact your swimmers coach directly for questions regarding equipment.