

C3 Equipment List

Swim Practices:

2 x swim suits – Polyester / Poly-bend highly recommended



2 x goggles – recommended: Speed Jr Vanquisher

AVOID comfort / mask – they fall off when diving



Training fins - short blade



- [Fins example 1](#) - [Fins example 2](#) - [Fins example 3](#)

Swim Training snorkel – front mount, no purge valve



- [JR snorkel example 1](#) - [Snorkel example 2](#)

Jr Pull Bouy

Kick Board



Optional: [Mesh equipment bag](#) to keep gear together, [Swim backpack](#)

Dryland Training:

Running shoes (any pair will do, if they are clean for indoor Fieldhouse use)

Stretchy / comfy gym clothes, appropriate for physical activity and flexibility work

Yoga mat

AVOID snorkelling masks (side mount / full face) & fins – these do not work for swim training

