

C4/5 Equipment List

Swim Practices:

2 x practice swim suits – Polyester / Poly-bend highly recommended, TIGHT fitting (C4s start around a size 24-26, C5s should be around a 28-30... Roan wears a size 30 practice suit / 28 racing suit for reference)

*Swimmers should also have a dedicated COMPETITION suit – check with Coach Cara

2 x goggles – recommended: Speed Vanquisher, Vorgee Missile, Arena

Training fins – recommended: (C4) [Speedo medium blade](#), or (C5) [DMC Elite Max](#), [Arena Powerfin Pro II](#)

* Fins need to be short blade & flexible to be effective in training this year

Swim Training snorkel – front mount, no purge valve [Speedo Bullet Head](#) [Arena Swim Snorkel Pro III](#)

* Side mounted diving / snorkelling versions do NOT meet our training needs, please avoid these as they will not be useable

Pull Bouy – solid, any brand

Kick Board – any brand

* NOTE: we won't have access to boards, fins & pull buoys at the facilities – swimmers will need to have their own training gear for this season

Hand Paddles – (size should be slightly larger than tip of longest finger)

* Recommended: [Speedo Power Plus paddle](#) or [Speedo IM tech paddles](#)

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

Dryland Training:

Running shoes

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

Yoga mat

Long, light resistance band ([Decathlon](#) option)

Set of resistance loops ([Decathlon](#) option)

Training skipping rope ([Decathlon](#) option)