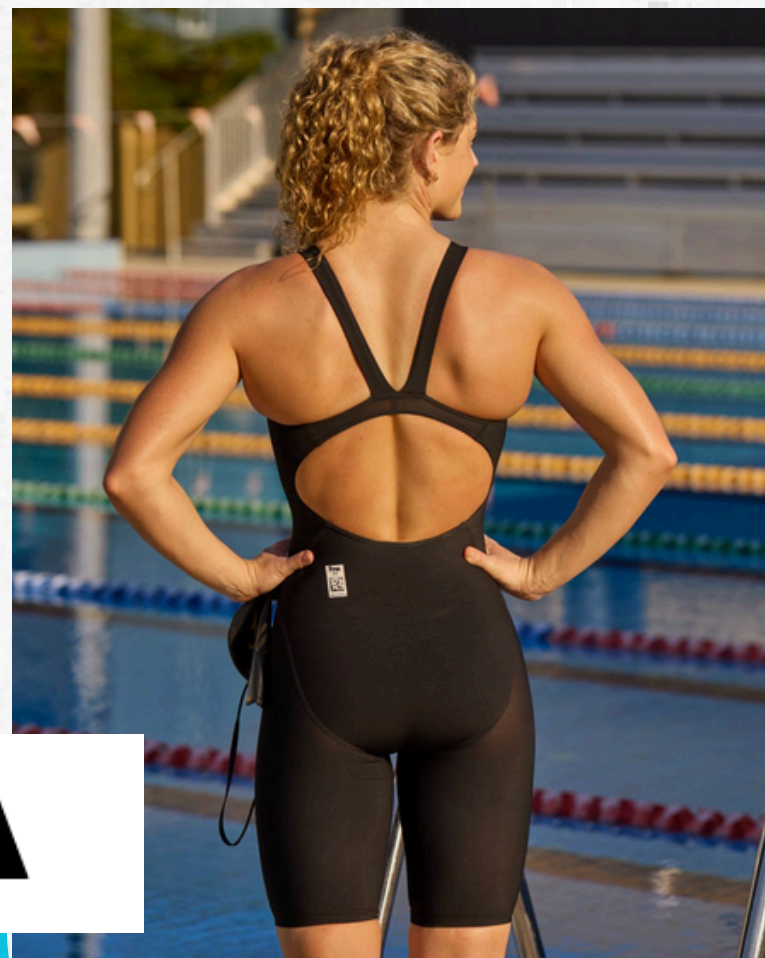
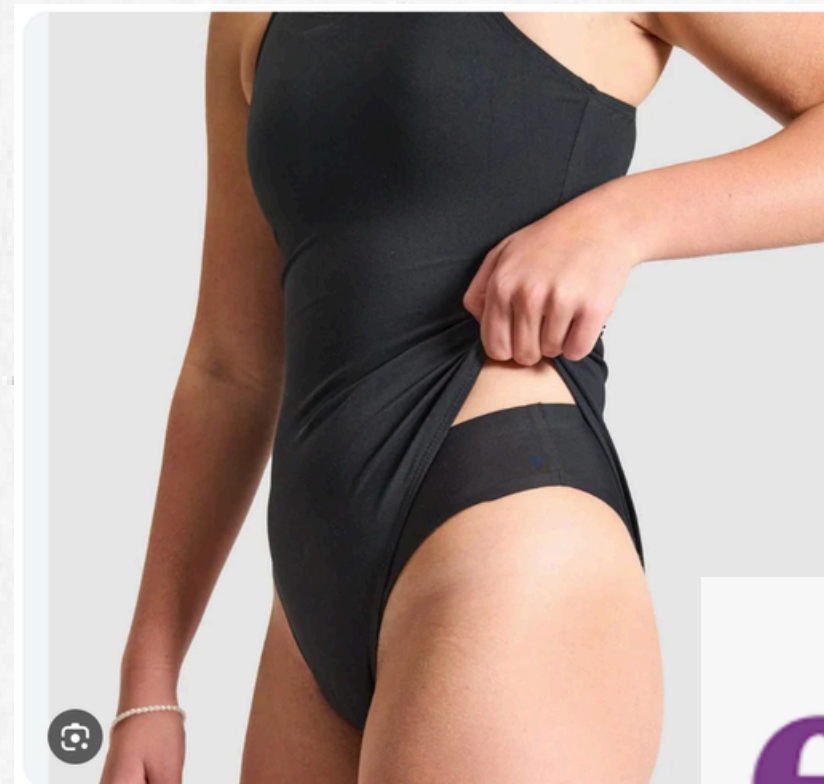


Period Swim Suits

Period swimwear is designed specifically for swimming while on your period. They have 3 absorbent layers. These will hold 1-2 tampons worth of blood. (5-7mls) For heavier flow, many brands recommend swimmers wear a backup option. Rinse/wash it according to the care instructions.



FUNKITA



Eltee Sydney UnderSwim: Period Swim Underwear - Shop

eltee

Period Swimwear

Common Brands

Funkita (also have a period friendly tech suit)

KT (knix teen) by Knix

Eltee Sydney.

Modibodi - Australian Company

These suits have 3 layers.

- ① The inner layer covers the absorbent layer.
- ② The middle layer - this layer has the absorbent fibers that will hold the blood.
- ③ An outer layer that prevents water from flowing into the suit

FUNKITA

Modibodi®

eltee

Kt.
BY KNIX

Period Swimwear

Fit matters! The swimsuit needs to sit snugly against the body, and the gusset (those 3 layers) have to be close to the body, if there's any gaping, water can get in and the protection is compromised. Getting the size right is more important here than with ordinary swimwear.

Funkita mentions "that it does work well and it's reliable within its limits. It shouldn't be relied on to be worn all day. On a heavier day change out of it after swimming rather than staying in it for hours afterwards"

"Drying off, sitting down & moving about - the pressure of sitting won't squeeze anything back out. The fluid isn't loose, it's locked into the fibres."