



## Kit List

Swimmers should travel in their IAPS Finalist T-shirt & hooded sweatshirt. They may wear their own leggings/shorts/tracksuit bottoms.

### **Swim Bag/Sports Rucksack with the following items -**

Swimwear x2 (One as spare)

Goggles

IAPS Finalist Cap

Pair of Flip flops/Sliders

2 towels

Packed lunch

Energy snacks in a tupperware box or sealed bag

(Eg. Fruit/pasta/veg/jelly/sweets/Jaffa cakes)

Water bottle

T-shirt for after the swim (they will use their finalist t-shirts on poolside so may get wet)