**SWIMMING EQUPIMENT CHECKLIST IDEAS**

**SWIMMING**

* Swim suit – porous, non-buoyant or heat retaining.
* Swim Cap – not neoprene.
* Goggles x 2: mirror lensed for sunny swims and clear lens for the night swim.
* Anti-fog drops for goggles – I use 1 part Baby Shampoo and 10 parts water.
* Baby diaper rash cream w/ zinc oxide (Balmex) prevent chaffing. Vaseline / Lanolin.
* Gloves - Laxex (non-powdered) to apply diaper rash cream.
* Watch that is waterproof – give to paddler if you want guarantee timed feedings.
* Thermometer: in case I want the paddler to take a water temp reading.
* Commercial grade Glow Sticks: 4 minimum (Lumistick or industrial 6” chemiluminescent light sticks).
* Safety pins large enough to attach glow stick to suit and goggles. (easy to forget)

**DRY SWIM BAG: what you want on the finishing boat**

* + Waterproof dry bag – labeled w/ name.
  + Shammy – to dry off with before using towel. Compact and small.
* Towel – big enough to do a “deck change” and get out of suit.
* Shorts.
* T-shirt.
* Hat or visor.
* Beanie to keep head warm after swim.
* Hoody and/or Parka.
* Sun glasses - maybe even leash so you don’t loose them in the water.
* Water – minimum 12 oz. to prevent dehydration.
* Contact lens: a spare pair just in case. Spare case.
* Contact lens solution.
* Ibuprophen / Tylenol / Advil
* Sunscreen – waterproof.
* Lip balm w/ SPF sun protection.
* Snacks: non-melting: Watermelon Jolly Rancher. PowerBar.
* Hot packs – chemical reaction activation in case I need extra warmth
* Flip flops (sandals) that can get wet. Leather isn’t so great. (no hiking this year)
* Wool socks if it’s going to be cold
* Ugg Boots if it’s going to be cold.

**FEEDINGS**:

**Can you explain your feedings in simple terms to a kayaker you’ve never met?**

**“I feed every ½ hour: Blue tape bottle. Red tape bottle. Gel. Repeat.”**

* Mesh bag for feeding bottles and gel packs (soft coolers to keep feedings cold?)
* Plastic 8 oz. bottles: I’m neurotic about feeds. 8 hour swim = 16 wide mouth bottles. Wide mouth helps for speedy feed rather than sports bottle little spout.
* Colored tape for bottles to identify separate feeds on bottles. (or different bottle shapes)
* Sustained Energy by Hammer. Unflavored powder. (Protein and Carb feeds).
* EFS: Electrolyte Fuel Systems. Orange powder.
* Power Gel by Powerbar. Varying Caffeine content: 20 mg, 50 mg. and 100 mg.
* Water – obvious but often forgotten.
* Large Plastic Water bottle to mix feeds.
* Funnel to assist in pouring feeds from large plastic water bottle into 8 oz. bottles (neurotic I know).