
TRAINING EQUIPMENT CHECKLIST:

- SWIM BAG
 - Mesh bag to hold equipment by the pool water
 - PRACTICE SWIMSUIT OR JAMMER
 - GYM SHORTS, ATHLETIC SHOES, & PADDED FLOOR MAT
 - For Dryland (Red & White Groups)
 - COMPETITION SWIMSUIT OR JAMMER
 - SWIMMING CAPS
 - At least 2 caps, 1 for practice and 1 KP team cap for Swim Meets
 - COMPETITION GOGGLES
 - Recreational goggles typically leak or fall off after start
 - KICKBOARD
 - PULL BUOY
 - TRAINING SNORKEL
 - NOSE PLUG
 - TRAINING FINS
 - FINIS HAND PADDLES
 - WATER BOTTLE
 - LOG BOOK FOR GOAL SETTING (Swimmer's choice item)
- These items may be purchased online or at a local sporting goods store. The Kingsport Piranha's website has links for shopping with SwimAndTri. SwimOutlet.com has several items as well.