

ITEM	Ripples & AG Bronze 1	Age Group Bronze 2	Age Group Silver	Age Group Gold	HS Stay Fit	Senior Silver	Senior Gold
water bottle	X	X	X	X	X	X	X
level-appropriate swim suit	X	X	X	X	X	X ¹	X ¹
goggles and backup goggles	X	X	X	X	X	X	X
swim cap	X	X	X	X	X	X	X
kick board	X	X	X	X	X	X	X
fins	X	X	X	X ²	X ²	X ²	X ²
training snorkel			X	X	X	X	X
pull bouy			X	X	X	X	X
nose clip						X	X
tempo trainer						X	X
swim paddles				X ³		X ³	X ³

¹Male athletes are encouraged to not train in jammers.
Drag suits are acceptable in this level for male athletes if desired.

²short flexible type, example DMC Elite Training Fins

³Strokemaker brand preferred