

# Equipment and Apparel

## Provided Equipment

Equipment Bag

Kickboard

Long Fins

Short Fins

Pull Buoy

Paddles

## Needed Equipment

Water Bottle

Yoga Mat for Dryland (optional)

## Provided Apparel

Team T-Shirt

Team Suit

Team Cap

Team Parka

## Needed Apparel

Team Jacket

Practice Suit(s)

Goggles

Extra Goggles and Caps

Towel(s)

Tech Suit (optional)