LT Girls Swimming - Equipment List

To be a member of the swim team, every athlete is required to own the following equipment. These items are long-term investments and should last throughout your high school career. If you swim with a club team, the same gear can be used there as well.

We have partnered with Urban Tri Gear to provide suggested options at this online store: https://ltswimdivegirls26.itemorder.com/shop/sale/. You are welcome to purchase any brand or model that meets the listed requirements.

- Mesh Bag
- Short Fins
- Pull Buoy
- Kickboard
- Snorkel
- Paddles (none that go through the thumb):

Only required for **Gold** group:

- Drag Sox (30s are fine)