

SureSwim Kernow



Kit List

- Swim Hat (bright) - we can lend you one if you don't have one
- Swim Goggles
- Open water swimming wetsuit (or tri-suit)
- Glide or Vaseline
- Rash Vest (optional)
- Ear Plugs (optional)
- Towel
- Water Proof Sunscreen
- Water bottle