OPEN WATER SWIMMING SESSIONS: PORTOBELLO BEACH

**Kit List:**

Compulsory

* Swimming costume / trunks
* Towel (s)
* Brightly coloured swimming hat – silicone / neoprene / latex
* Goggles
* Warm layers of clothing e.g. thick jackets, jumpers, base layers, woolly hat, gloves, scarf.

Optional

* Wetsuit
* Ear plugs – optional but help with cold water or ear infections, widely used
* Neoprene gloves
* Neoprene socks
* Changing robe – advisable
* Tow float
* Hot water bottle
* Flask of warm tap water – for your feet
* Hot drink (not too hot)/sugary snacks
* Flip flops
* Hot water bottle filled with tap warm water

Please note there will be no changing facilities during the session and no option for wetsuit hire.