

Required Swimming Gear and Apparel

All swimmers, in all groups, require the following:

- cap
- goggles
- suit
- skipping rope (set to the correct length for the swimmer)

Novice: Are not required to purchase additional equipment

Intermediate: Are not required to purchase additional equipment

Juniour B: In addition to the above

- Snorkel (MICHAEL PHELPS or FINIS)
- Fins

Juniour A: In addition to the above

- Snorkel (MICHAEL PHELPS or FINIS)
- Fins (short blade training fins - SPEEDO)
- Hand Paddles (SPEEDO '*Nemesis*' Contoured Swim Paddles - a little larger than hand)
- Pull buoy

Masters: In addition to the above

- Snorkel (MICHAEL PHELPS or FINIS)
- Fins (short blade training fins - SPEEDO)
- Hand Paddles (SPEEDO '*Nemesis*' Contoured Swim Paddles - a little larger than hand)
- Pull buoy

**All swim equipment can be purchased from Athletic Sole store (Halifax) or online using the Athletic Sole link on the Tritons' website