

GEAR GUIDE

WETSUIT

THIS IS COMPULSORY! WE RECOMMEND A SHORT SUIT AS IT'S A BIT EASIER TO MOVE AROUND IN. VISIT OUR WEBSITE FOR FURTHER INFO.

SWIMRUN RACE BIB

YOU'LL BE PROVIDED WITH THIS PRE-EVENT SO HAVE A THINK ABOUT HOW IT MIGHT AFFECT YOUR KIT.

PULLBUOY

AN ESSENTIAL PIECE OF KIT TO HELP YOU IN THE WATER, ESPECIALLY AS YOU'LL BE WEARING SHOES IN BOTH THE SWIM AND RUN. THINK ABOUT HOW YOU'LL ATTACH IT WHEN RUNNING - WE RECOMMEND BUNGEE CORD.

COMPRESSION SOCKS

GO FOR QUICK-DRYING SOCKS THAT WILL ALSO KEEP YOUR LEGS WARM WHILST WEARING YOUR SHORT WETSUIT.

SHOES

YOU WANT THESE TO DRAIN AND DRY QUICKLY. TRY TRAIL SHOES OR GO DIY AND DRILL HOLES INTO THE BASE OF OLD TRAINERS.

SWIMCAP

SWIMCAPS MUST BE WORN DURING ALL PARTS OF SWIMRUN FOR VISIBILITY.

GOGGLES

WHICHEVER GOGGLES YOU USE, MAKE SURE THEY'RE TRIED AND TESTED AND FIT WELL.

TOW ROPE

A TOW ROPE OR TETHER HELPS TO KEEP YOU AND YOUR PARTNER TOGETHER ON THE SWIM SECTIONS AND CAN BE USED TO REGULATE AND OPTIMISE YOUR SPEED ACROSS ALL SWIM AND RUN SECTIONS.

HAND PADDLES

PADDLES CAN HELP YOU SWIM FASTER, MEANING YOU CAN SAVE SOME ENERGY IN YOUR LEGS FOR THE RUN. CHECK OUT OUR FAQs FOR FURTHER INFO & RECOMMENDED KIT.



**GREAT
SWIMRUN**

