



## EQUIPMENT & CLOTHING LIST

All competitors will swim in their shoes and run in their wetsuit along Jersey's stunning coastline.

**All competitors MUST have the following:**

- Suitable footwear,
- a whistle,
- race bib (provided at registration)
- swim cap (provided at registration)

**All competitors on the Full and Sprint distances MUST have the following:**

- A wetsuit suitable for cold water swimming and a reusable cup, flask or bottle.

**All competitors competing as an individual MUST have the following:**

- An inflated and brightly coloured tow float.

**Competitors on the Experience distance:**

- MAY participate in a trisuit (or similar) but we recommend a wetsuit.

**All competitors MAY use the following:**

- Goggles are optional but recommended.
- Paddles, pull buoy, fins, tow line and any nutrition and hydration they are prepared to carry with them. Fins must not extend more than 15cm beyond the toes and any float may not be larger than 100cm by 60cm.

**NOT allowed for all competitors**

- No powered propulsion devices are allowed.
- No outside assistance is allowed.