

Relay Equipment List

- Vaseline (min 3 x 250g tubs)
- Waterproof sun cream (highest factor possible)
- Rubber gloves (18 min)
- Bin bags for rubbish
- Bottled water, 2L bottles, not 5L bottles (4L min per swimmer)
- Ginger Nut biscuits
- Dried ginger
- “Sea Legs” anti-seasickness pills, enough for 3 doses per swimmer
- Fruit Sugar
- Hot Chocolate powder
- Tea bags
- Ibuprofen (400mg tablets, not water soluble)
- Paracetamol
- Antihistamine tablets (Claratyn is good)
- Sudocrem (1 tub)
- Light sticks (5 min)
- Large safety pins (5 min)
- 3 Swimming costumes per swimmer
- 2 Large towels per swimmer
- 2 pairs of goggles per swimmer, preferably one dark for day and one clear for night.
- 2 Silicone swimming hats per swimmer
- 2 Warm blankets
- 2 Sleeping bags
- Warm clothes and beanie for each swimmer
- Water proof jacket for all swimmers
- Chocolate Swiss rolls, 6-10 per swimmer
- Bananas 6-8 per swimmer
- Selection of sandwiches
- Selection of pot noodles (if swimmers like them)
- Plenty of food that meets swimmers personal tastes
- Binoculars
- White board with marker pens
- Stopwatch
- Mobile phone with plenty of battery life with all useful numbers
- Chargers for phones, cameras etc
- Waterproof throwaway camera for finish (optional)
- Passports