



WILD WALES



WHAT TO BRING SINGLE DAY OUT

Bring anything you like, anything that makes you feel happy, safe, warm and comfortable. The list below is for guidance only.



SWIMMING

A swimming costume (or two)

Swim towel/s

Neoprene socks or swim shoes or old trainers

Any other personal swim kit you prefer to use;

a wetsuit, gloves, maybe a swim float

NOT SWIMMING

A bag or pack with shoulder straps

Waterproof bag for wet kit

Sturdy trainers or walking boots

Warm hat and gloves for post swim chills

Waterproof coat - it is Wales after all

Sun cream and hat - it is Wales after all

A Water bottle and a thermos

OTHER STUFF

Comfy clothes for after swimming

Comfy outdoor clothes and warm layers

Any Personal medication

A waterproof phone case



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