

KIDS SWIMMING KIT CHECK LIST



So, you're going swimming!

Have you packed your kit yet?

In all that excitement to jump in and start blowing bubbles, do a star float or perfect your front crawl don't forget your swimming essentials!

- 1. Swim costume** - you'd be pretty bummed if you forgot this one!
- 2. Swim hat** - get all that hair safely out of the way - hats help the nice pool people keep the water clean, too.
- 3. Goggles** - give you the magical ability to see underwater!
- 4. Shampoo and soap** - chlorine keeps the water safe but it doesn't smell all that nice. Bring your favourite shampoo and soap to wash it all away!
- 5. Towel** - after all that hard work, snuggle up and get dry quick!
- 6. Comb or brush** - so you can sort out your hair and smarten up.
- 7. Energy snack** - phew! You must be exhausted! Be sure to top up those energy levels with a healthy snack like a banana cereal bar from the tuck shop.
- 8. A drink** - being in water doesn't mean you don't need it! And all that exercise will make you super thirsty. Why not grab a drink from the tuck shop?
- 9. Your backpack** - to carry it all in, of course!



And that's it! Everything you need to go swimming.

P.S. Feeling like a real swimming super star? Pack your bag by yourself for extra brownie points from Mum and Dad!

