GUILDFORD CITY FROGS KIT AND EQUIPMENT LIST

	CLUB HAT	All swimmers wearing a hat must wear a club hat. NO OTHER HATS TO BE WORN	Guildford City Swim hats are available from KitKabin, located at The Spectrum or online at www.kitkabin.com
	MESH BAG	This can be used to bring all kit to the poolside	A range of mesh bags are available from KitKabin, located at The Spectrum or online at www.kitkabin.com
	WATER BOTTLE	Please avoid bottles with detachable plastic lids. Water or a weak squash drink is preferable	A range of drink bottles are available from KitKabin, located at The Spectrum or online at www.kitkabin.com All GCSC members receive 10% off online or in-store
	GOGGLES		A range of goggles are available from KitKabin, located at The Spectrum or online at www.kitkabin.com All GCSC members receive 10% off online or in-store
	KICKBOARD		A range of kickboards are available from KitKabin, located at The Spectrum or online at www.kitkabin.com All GCSC members receive 10% off online or in-store
	SHORT TRAINING FINS		A full size range of short fins are available from KitKabin, located at The Spectrum or online at www.kitkabin.com All GCSC members receive 10% off online or in-store
	JUNIOR PULLBUOY		A range of pullboys are available from KitKabin, located at The Spectrum or online at www.kitkabin.com All GCSC members receive 10% off online or in-store
	SWIM COSTUMES		A full range of swim costumes are available from KitKabin, located at The Spectrum or online at www.kitkabin.com All GCSC members receive 10% off online or in-store