

## **Swimmer**

- Drybag for boat for swimmer clothes
- Swimming Costumes (worn)
- Swimming Goggles and Spares: Minimum one pair each clear & dark goggles
- Earplugs
- Lanolin or Channel Grease
- Suntan lotion
- Swimming Hat and Spares
- Towels
- Old warm, loose clothes for after the swim
- Rain gear for swimmer
- Blanket or Old Sleeping Bag
- Light sticks or Adventure Lights - 4 light-sticks or at least 2 electronic lights
- Safety pins for attaching light sticks
- Shoe/compartment organiser (for separating swimmer's gear for easy retrieval on boat)

## **Crew**

- Foul weather gear for crew
- Spare plastic Ziploc bags
- Tea Bags
- Coffee
- Latex gloves (or plastic bags) to apply grease
- Crew food
- Ginger biscuits
- Wetsuit for support swimmers.

## **Feeds and medical supplies**

- Feed schedule laminated
- Maxim (or whatever the choice of Carb is)

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- Electrolyte; Maxim Electrolyte Zyn or similar
- Measuring Scoop
- Cordial, squash, fruit juice
- String and/or Zip-ties (tie-wraps)
- Duct-tape
- Wide Neck Funnel
- Retractable Dog Leash/Masons reel/kite reel for feed line/rope
- Backup feed line/rope
- Cups or Feeding Bottles
- Torch
- Dilute Mouthwash (2:1 water/mouthwash mix)
- Chocolate Bars and Cadbury's Chocolate Rolls, Milky ways, Fry's Turkish Delight etc
- Ibuprofen
- Paracetamol
- Optional: Solpadeine, Neurofen or similar stronger (PREVIOUSLY TESTED) painkiller for latter half of swim
- Anti-histamine
- Peppermint capsules (to stop any potential pre-diarrhoea stomach spasms)
- Immodium or similar (to stop diarrhoea)
- Any particular medication requirements for swimmer (e.g. asthma inhalers)

## **General**

- Suntan lotion (swimmer & crew)
- Make sure phones are set to Auto select Networks before swim or they may lose cover
- Spare carabiners
- Bottled Water (Plenty) (Only litre bottles)
- Chargers and extra batteries for phones and cameras on board
- Underwater camera with flash, if conditions are right and you have a swimmer going to the beach with you
- Wet cloth with plenty of dish-washing liquid, tied into a plastic bag

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- Whiteboard and whiteboard markers
- More water and Maxim than you think you need
- Notebook and pen for your crew chief
- Marker pens and masking tape

### **Travel (new section for 2013)**

- Power strip/power adaptor.
- Microfibre travel towels.
- Unlocked mobile phone. For English Channel / North Channel / Gibraltar you will need credit from both countries.
- Unlocked wireless broadband adaptor OR Android smartphone with Hotspot adaptor.
- National flag
- Twitter / Google+ / blog / Facebook passwords
- Thong sandals (Dover only but essential )
- Country paper map.
- Parking permits / tickets (for duration of swim)
- Keypod or SurfLock or similar (lockable safe for safely attaching keys to car during training swims)
- Folding chair(s) & bungee. (Some English Channel pilot boats don't have anywhere to sit comfortably on deck. Only useful of course in appropriate weather. Use the bungee to hold it place against the superstructure).