

Swimming for 12 hrs?

No sweat!

Dive into the challenge with these top 10 tips trusted by the pros.



1. Bring swimwear

Bring 3-4 pairs of bathers to keep comfortable throughout the night. Unless you enjoy putting on cold, wet ones after a nap.



2. Hydration

Pack a water bottle and a thermos for hot drinks. Soft drinks, electrolytes, water, tea/coffee will be on offer throughout the night.



3. Snacks

On the night you'll be provided with snacks to fuel your incredible swim but bringing your favourite treats (like lollies) won't hurt either. Plus, your team will love you for it.



4. Gear

Don't forget your goggles and Perkins Plunge swim cap. A pool buoy can be handy too. Bring at least 2-3 towels because they get wet quickly. And bringing a pool deck coat is great for staying warm and dry poolside.



5. Warm Clothes

Keep cozy with fleeces, hoodies, ugg boots, trackies, beanies and thick socks – whatever keeps you toasty!



6. Tech Essentials

Bring charging cables and a power bank to keep your phone juiced up to keep you connected and of course to post an update selfie or video on socials.



7. Seating

Concrete steps get hard after a while. Bring something to sit on – cushion, pillow or a narrow compact mattress to share.



8. Blanket or Winter Warmer

If it's cold, snuggle up with a blanket or if you are a Shark, wear your exclusive Winter Warmer.



9. Toiletries

Bring along toiletries and moisturiser to soothe your skin from the drying effects of chlorine.



10. Post-Swim Outfit

Have something warm and comfortable to wear afterward while we celebrate your incredible achievement at the post-event breakfast.

And here's a bonus tip, bring your smile and good humour along too to motivate your team mates as you make a splash for medical research.