

## Nipper's Check List

- Club cap (and silicone cap to wear underneath if cold)
- Pink high viz vest
- Rash vest or t-shirt for marshalling (shoulders must be covered)
- Broad brim hat for marshalling (even if no sun!)
- Towels
- Goggles
- Water bottle and drinks
- Snacks – see Esky ideas below
- Bathers, already on and warm clothes on top
- Club t-shirt / hoodie
- Everything is clearly labeled, my cap has my name on it for Water Safety to see
- Wetsuit
- Sunscreen
- Beach Coat / Robe / Blanket / Warm Hoodie / Warm Trackies / Rain Coat
- Bag to carry water, snacks and towel up and down the beach

Pre-Carnival Food and Drink ideas	During the Carnival – Esky ideas
Cereal or porridge	Watermelon chunks
Pancakes with maple syrup	Mango slices
Toast/crumpet/muffin w.honey/jam/vegemite	Bananas, oranges, pineapple, melon
Fresh or canned fruit	Dried fruit eg., sultanas
Fruit yoghurt	Small tub fruit yoghurt
Baked beans	Mini pikelets with honey
Sushi roll	Rolls/sandwiches with low fat fillings
Fruit toast	Pasta or rice salad
Noodles	Sushi rolls
Ricecakes with peanut butter and banana	Fruit bun
Beetroot juice w. apple/pineapple/carrot juice	Rice crackers
Baked potato	Frozen fruit juice
Low fat fruit smoothie	Small amount of jelly snakes/jelly beans
<b>WATER, WATER, WATER</b>	<b>WATER, WATER, WATER</b>

For maximum stomach comfort - Small snacks and Drinking plenty of **fluid** is really important  
**WATER, WATER, WATER**

On completion of all races it is really important to have a carbohydrate/protein rich snack within 30 minutes to help refuel tired muscles and speed their recovery, ie flavored mild, smoothie, chicken sandwich, tuna wrap.

**Melbourne is renowned for 4 seasons in 1 day  
 be prepared for wind, rain, sun, heat, cold and you'll have a great day!**