



# Packing your Swim Bag

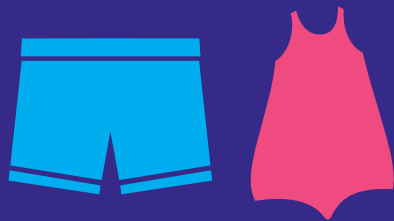
Packing your bag with the right swimming kit will prepare you for a hassle-free swim. Here's our list of essentials:

## ✓ Nappies & swim Nappies

It's good to take a couple of pairs of swim nappies as well as a few of your regular nappies for after swimming. At Baby Squids we ask that all our babies & toddlers wear a double nappy system, with a happy nappy worn over a disposable one. Most babies, particularly in our hydrotherapy pools are happy to swim in just their happy nappy, however every baby is very different; some feel the cold and others are always toasty so you might want to wear a wetsuit also.

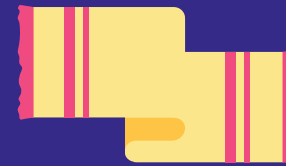
## ✓ Babies swimwear

While public pools will require your baby to wear a swim nappy, it's up to you if you choose to put your little one in an infant swimming costume. There are some very cute baby girl and baby boy swimsuits available if you prefer your child to wear something over their swim nappy!



## ✓ Wet wipes & cream

A pack of wet wipes are a must for change times, plus your usual barrier cream.



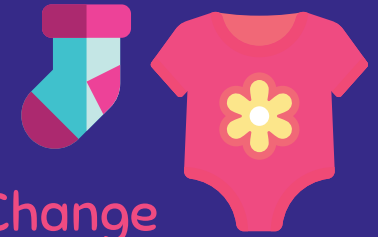
## ✓ Towels

If you have space, take a couple of towels to wrap baby up in when you leave the water. Hooded towels are great for keeping baby cosy.



## ✓ Snacks

After all that kicking and splashing your baby is likely to be hungry so pack a drink and a snack, like a banana or a yogurt. If your baby isn't on solids yet, it's best to find a quiet spot to breastfeed or give him/her a bottle once you're both changed.



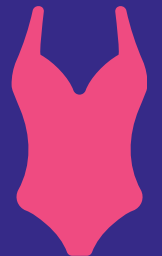
## ✓ Change of outfit

Take warm clothes to help baby keep snug after a swim and include a few spare items just in case. A hat is also a good idea as babies lose heat through their heads.



## ✓ Coin for lockers

Have some change handy for the locker, or check with pool staff whether you need a token instead.



## ✓ Your swimsuit

Whilst gathering all the bits for baby, don't forget to pack your own stuff! For a speedier change, put your swimsuit on at home under your clothes and pack underwear for after you swim.