



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 and 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 neoprene nappy worn over a disposable or reusable "under" nappy. Most babies, particularly in our hydrotherapy pools are happy to swim in just their neoprene nappy & "under" 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, as well as different options that are suitable dependent on the temperature of the swimming pool. We partner with Konfidence to offer an exclusive 10% discount on all your swimwear purchases!

Wet wipes and cream



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

Change of outfit



Take warm clothes to dress your baby for after swimming lessons to keep them snug and warm, and include a few spare items just in case. A hat is also a good idea as babies lose heat through their heads.

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 your baby cosy.

Coins for lockers



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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 them a bottle once you're both changed. Remember to feed at least an hour before swimming.

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.