

Pool-Day Essentials Checklist

Slipstream · Digital Guide

Heading to the pool for a day of leisure or training? Whether you're there to swim laps or just relax, having the right gear can make all the difference. This checklist will ensure you have everything you need for a successful pool day. From swimwear to hydration, we've got you covered with practical tips and essentials.

Appropriate Swimwear

Choose swimwear that fits well and allows for a full range of motion. A snug fit is key, especially if you're planning on doing some serious swimming. Avoid anything too loose that might create drag.

Consider the material of your swimwear. Chlorine-resistant fabrics can extend the life of your swim gear, especially if you swim regularly in chlorinated pools.

For those looking to train, a one-piece swimsuit or jammers can offer better performance and reduce drag compared to board shorts or bikinis.

Towel and Robe

Bring a large, absorbent towel to dry off after your swim. Microfiber towels are a great option as they dry quickly and are easy to pack.

Consider packing a lightweight robe or cover-up for when you're out of the water. This can help you stay warm and comfortable, especially if there's a breeze.

Having a designated towel for sitting on poolside chairs keeps things hygienic and ensures you have a dry spot to relax.

Sun Protection

Don't forget sunscreen with a suitable SPF to protect your skin from UV rays. Apply it generously and reapply every couple of hours, especially after swimming.

Pack a wide-brimmed hat and sunglasses to protect your face and eyes from the sun. These are essential, even on cloudy days.

Consider a rash guard or swim shirt for extra protection against the sun, particularly if you plan to be in the water for extended periods.

Hydration and Snacks

Bring a water bottle to stay hydrated throughout the day. Staying hydrated is crucial, especially when you're active in the sun.

Pack some light snacks like fruit, nuts, or granola bars to keep your energy levels up. Avoid heavy meals that can weigh you down.

Consider a cooler bag to keep your drinks and snacks fresh, especially if you're planning to spend several hours at the pool.

Goggles and Swim Cap

If you're swimming laps, goggles can help you see clearly underwater and protect your eyes from chlorine. Look for goggles that fit snugly and have anti-fog lenses.

A swim cap can reduce drag in the water and keep your hair out of your face. It also helps protect your hair from chlorine damage.

Consider bringing an extra pair of goggles or a backup swim cap, just in case something breaks or gets lost.

Poolside Comfort

A comfortable lounge chair or pool float can make your time at the pool more enjoyable. Consider packing an inflatable option if the pool doesn't provide chairs.

Bring a book or some music to relax and enjoy your time by the water. This can enhance your relaxation and make the day more enjoyable.

Consider a small umbrella or shade tent if you'll be spending the entire day at the pool. This can provide relief from the sun and keep you cool.

Personal Care Items

Pack a small toiletry bag with essentials like shampoo, conditioner, and body wash for a refreshing rinse after your swim.

Consider bringing a hairbrush or comb, deodorant, and moisturizer to freshen up after your swim.

Don't forget a waterproof bag for wet swimwear and towels. This keeps the rest of your belongings dry and organized.

With this checklist in hand, you're ready to enjoy a day at the pool with everything you need for comfort and convenience. Remember, preparation is key to making the most of your pool day, whether you're training or just enjoying the water. Have fun and stay safe!

Before you start

This guide is general training and performance guidance for healthy adults. It is not medical advice and does not diagnose, treat or rehabilitate any injury, pain or condition. Do not use it if you are training through pain, are post-surgical, are pregnant or postpartum, or are managing a cardiac or blood-pressure condition — see a qualified coach, physiotherapist or physician first. Effort should be hard, not painful; stop if a movement hurts.

This guide is for general educational purposes only and is not medical, health, or professional advice. Consult a qualified professional for guidance specific to you.