

Get Started with Gear

To get started with lap swimming, you will need:



- [A durable racing suit](#)
- [Goggles](#), complete with [anti-fog drops](#)
- [A swim cap](#) (for long hair)
- [Ultraswim shampoo, conditioner and Soap](#)
- [Suit Cleaner](#) to maximize your investment
- A [wonderful chamois towel](#) to dry off quickly

Read an article on [how to select the right goggle for you!](#)

Learn about Racing Suits

Racing suits were originally designed for competitive swimmers at the high school and college level. They are intended to be worn tight for minimal drag when swimming laps.

Racing suits are high cut in the legs and offer little coverage under the arms and on the back. They are generally lined only in the front and offer no bust support.

Racing suits are available in sizes 22-40. Racing suits are sized for men by their waist size and for women by their bust size. Don't confuse the bust measurement with the bra size! Your bust size is the measurement over the fullest part of your bust.

Racing suits are also a Junior cut, as opposed to a Misses cut. (i.e. Junior dress sizes are 5, 7, 9 and Misses dress sizes are 8, 10, 12).

Options: [racing suits](#), [reversible suits](#), [Grab Bag suits](#), [long-lasting training suits](#), [team suits](#) and [2-piece workout suits](#), [Men's Moderate Racing Style Suits](#)

Once you become more advanced, we suggest you pick up:

- Fins--[Zoomers](#) are good to start with to build up your kick
- A [lightweight pull buoy](#) to keep you from kicking and strengthen your stroke
- [Hand paddles](#) (make sure your stroke is correct or you could hurt yourself!)
- A [solid kickboard](#) to do

How should I choose a [swim cap](#)?

There are three types of caps: **latex**, **silicone** and **lycra**. Latex and silicone caps will keep your hair dry – lycra will not.

[Latex caps](#) (often called "rubber") are thin and rip easily, however, they are easy to replace since they are so inexpensive. You can also afford several and match them to different swimsuits. It's the traditional choice.

A [silicone cap](#) is thicker and more durable than latex, so it will last longer and rip less easily. Another plus is that it won't pull your hair quite as much as latex. They also don't get as "stuck together" when you toss them in your workout bag!

some tough SPRINTS

- A [ring lap counter](#) so you don't do too many laps!

If you are REALLY into competitive swimming, check out the new [Speedo Fastskin and Aquablade full bodysuits!](#)

A [lycra cap](#) is made of the same fabric as many swim suits. While it will not keep your hair dry, it will keep the hair away from your face and will not pull your hair. Since it is so soft it feels more comfortable if you are not used to wearing a cap.

Here's a tip: Try a lycra cap under a silicone cap for dry hair and no tangles!

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