

# Cold water swimming checklist

A lot of consideration needs to be made when swimming in the great outdoors. That's why having a detailed checklist can go a long way to maximising both the time spent out on the water, and your safety. Here are some important factors to tick off before every wild water swimming session.

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- Eat before you swim – but try to leave an hour between this and getting in the water
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- Have a hot drink in a flask ready when you're out of the water, dried off and fully dressed
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- Bring a lockbox to keep your phone, wallet and other essential items in
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- Warm up gradually, and don't shower or bathe until your body is back to a normal temperature
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- Bring neoprene socks and gloves for when you're in the water
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- Keep your exposure time to less than 20 minutes (and shorter if needs be)
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- Make sure you have warm layers ready to go after you're done (a woolly hat, a waterproof coat etc.)
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- Bring a bucket with you. This can store your dry clothes when you're in the water, then your wet clothes after you've gotten out and swapped what you're wearing
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