

Pre-Team and Novice Group:

3 Instinct Caps	Fins
1 Instinct Team Suit	Kick Board
3 Instinct Shirts	Mesh Bag

Age Group:

3 Instinct Caps	Fins
1 Instinct Team Suit	Kick Board
3 Instinct Shirts	Mesh Bag
	Pull Buoy

Junior Group:

3 Instinct Caps	Fins
1 Instinct Team Suit	Kick Board
3 Instinct Shirts	Mesh Bag
Team Warm Up Jacket	Pull Buoy
Technical Suit (Approved by coaches before purchase)	Forearm Fulcrum Paddles
	Hand Paddles
	Resistance Band

Pre-National:

3 Instinct Caps	Fins
1 Instinct Team Suit	Kick Board
3 Instinct Shirts	Mesh Bag
Team Warm Up Jacket	Pull Buoy
Technical Suit (Approved by coaches before purchase)	Forearm Fulcrum Paddles
	Hand Paddles
	Resistance Band
	Drag Socks- Resistance 30

National:

3 Instinct Caps	Fins
1 Instinct Team Suit	Kick Board
3 Instinct Shirts	Mesh Bag
Team Warm Up Jacket	Pull Buoy
Technical Suit (Approved by coaches before purchase)	Forearm Fulcrum Paddles
	Hand Paddles
	Resistance Band
	Drag Socks- Resistance 30