

Cold Water Swimming – Castle Lake – Corfe Castle

November 2026 – March 2027



What to Bring and Wear

What to bring...

- Please bring plenty of **warm clothes** to put on after your swim, including lots of layers, dry robe/warm coat, a woolly hat, gloves, warm socks and warm footwear.
- Please bring a **tow float with a light/lights in**, to wear in the water during your swim. This is for extra safety.
- Please bring a **reusable mug** for the free hot chocolate, (or your own hot drink in a thermos, if you'd prefer).

What to wear in the pool...

- A costume/trunks
- Tow float with lights in (for your safety)
- A swim hat - to keep you warmer in the water when you are swimming, or a woolly hat for dipping/head up swimming (and a spare dry one for afterwards).
- Ear plugs are a really good idea to help protect your ears from the cold and ear infections.
- Goggles – non tinted ones are recommended (due to swimming in the dark)
- An adventure light (waterproof light) is recommended - put this on the strap of your goggles and/or costume, so you are more visible.

Extras...

- You are welcome to wear wetsuit gloves and/or wetsuit socks/boots. Please ensure these are clean - no salt water or sand in the lake please!
- Neoprene swimming costumes/rash vests/shorts are allowed.
- If you wish to wear a wetsuit (if you are training for a wetsuit event, for example), please only put it on and off outside changing rooms. Please do not put it on and off inside the changing rooms. (This is to avoid slips). Please ensure wetsuits are clean and free from salt and sand.