



## Lifeguard Academy Cadet Required Items

*Approximate cost: \$550*

\*Links are included to provide clear examples of the required equipment. Cadets can purchase equipment from other sources. Contact your instructor with any questions or concerns

### **Clothing:**

- Polo shirt: [White, plain, no pocket](#)
- Belt: [Black Basketweave uniform belt](#)
- Pants: [Dickies 874 -Navy](#)
- Shoes: [Vans Authentic -Navy](#)
- Socks: [Plain white crew socks; no visible stripes, logos, or colors.](#)

### **Training Gear:**

- [Men's board short –Navy](#)
- [Women's one piece swim suit –Navy](#)
- [Orange swim cap](#)

### **Equipment/Textbook**

- [Swim goggles](#)
- [Polarized sunglasses: dark lenses, conservative frames](#)
- Swim Fin: Symmetrical surf fin: [Duck feet](#), [Viper](#), [Dafin's](#) are acceptable.
- Textbook: [Open water Lifesaving 3rd edition](#)
- Sunscreen: [SPF 30 or higher recommended](#)
- Wetsuit: [Men's 3/2 fullsuit](#)  
[Women's 3/2 fullsuit](#)
- [Beach towel](#)