



Lifeguard Academy Cadet Required Items

Links are included to provide clear **examples** of the required equipment. However, cadets can purchase equipment from other sources and are welcome to use their own equipment as long as it meets the characteristic required. Contact your instructor with any questions or concerns.

Textbook Required

[Open water Lifesaving 3rd edition](#)

Uniform

- Polo shirt: [White, plain, no pocket](#)
- Belt: [Black Basketweave uniform belt](#)
- Pants: [Dickies 874 -Navy](#)
- Shoes: [Canvas shoes -Navy](#)
- Socks: [Plain white crew socks; no visible stripes, logos, or colors.](#)
- [Men's board short –Navy](#)
- [Women's one piece swim suit –Navy](#)

Equipment

- [Swim goggles](#)
- [Polarized sunglasses: dark lenses, conservative frames](#)
- Sunscreen: SPF 30 or higher recommended
- Wetsuit: [Men's 3/2 fullsuit](#)
[Women's 3/2 fullsuit](#)
- [Beach towel](#)