Equipment

Swimming Kit

Costumes x 2
Goggles x 3
Caps x 3
Waterproof suncream
Vaseline
Gloves to apply vaseline

Food for Swimmer

Maxim Mixed Up (2 x 2l bottles)
Squash
Maxim Tub
Peach Slices
Jars for peaches
Banana
Mouthwash
Coffee
Water Bottles x 2
Hot water?
Beakers
Cord to retrieve bottles
Funnel
Bottled Water
Ibruprofen (400mg per 4 hours)
Paracetamol (1000mg per 4 hours)

For Crew

Drinks
Biscuits / Crisps
Sandwiches
Umbrella
Sun Hat
Sunglasses
Water proof jacket
Warm clothes
Sun Cream
Waterproof camera and camcorder
Phone

General Kit

Binoculars

Stop watch
Bin Bags
Towel
Dry Bag

Feeding

Notes

1g carbs per kg per hour = 125g = 5+ scoops
600 - 800ml fluid per hour
Mix Maxim up with 30 scoops per 2 litres to give 5 x 400ml with 6 scoops in each

How to Feed

Pour 400ml Maxim mix and 200ml water into bottle
Drop over on a cord and then pull back.
Have spare plain water available if needed.
Put half the Peaches in a beaker if asked for

Feed Schedule

Once every hour to start with, probably at least four hours
Then can drop to every half hour if stroke rate is dropping off after 45 minutes swim

Signals

Assuming swimmer on left of boat
Timeout = Stop swimming, e.g. there is an obstacle
Point away from the boat = veer left until I stop pointing
Pulling motion towards boat = veer right until I stop pulling
Thumbs Up = OK and I want a thumbs up back
Five fingers= 5 minutes to the next feed
Flat palm up and down = lift legs / hips

Cut Offs

Meilen – 14.3 kM at 1:30pm
Kusnachter Horn (21.7km at 5pm
Time limit 12 hours

Zurich Swim Plan

Elapsed Time	Actual Time	Feed (@00 & 30)	Drugs (watch dosage)	Stroke Rate (@15 & 45 mins)	Other
0:00					
0:15					
0:30					
0:45					
1:00					
1:15					
1:30					
1:45					
2:00					
2:15					
2:30					
2:45					
3:00					
3:15					
3:30					
3:45					
4:00					
4:15					
4:30					
4:45					
5:00					
5:15					
5:30					
5:45					
6:00					
6:15					
6:30					
6:45					
7:00					
7:15					
7:30					
7:45					
8:00					
8:15					
8:30					
8:45					
9:00					
9:15					
9:30					