

SWIMMER AND SUPPORT CREW PACKING LIST – Nadine's Willoughby Swim 2025

FEED KIT [ON BOAT]	QTY	OWNER	PACKED
Delivery systems			
Throw rope with clip on either end	1	Nadine	✓
Peach lid bottle – for single sweet fluid feeds, tea, protein shake	1	Nadine	✓
Black lid bottle – for single savoury fluid feeds	1	Nadine	✓
Feed bottle for plain water	1	Nadine	✓
Green thermos container for alternative feeds, treats	1	Nadine	✓
Ziplock bags for alternative feeds, treats	Lots	Nadine	✓
Blue small drybag – as needed	1	Nadine	✓
Squeeze bottles – Ibuprofen, total of 6 x 500mg doses	6	Nadine	✓
Squeeze bottles – Acetaminophen, total of 4 x 640mg doses	4	Nadine	✓
Squeeze bottles – Zofran, total of 2 x 1 pill doses	2	Nadine	✓
Squeeze bottles – Rabeprazole, total of 2 x 1 pill doses	2	Nadine	✓
Long-handled scooper net	1	Nadine	✓
Nighttime – waterproof lights for feed bottle (1 wand, 1 clip)	2	Nadine	✓
Feed products and medications			
Thermos bottles for warm fluid feeds	7	Nadine	✓
Plastic bottle(s) for premixing cold fluid electrolyte feeds	6	Nadine	✓
Plain water for mixing with feeds (in oz or ml)	figure out in VT	Nadine	○
Fuel mix powder individual servings (hbcd mix)	50	Nadine	✓
Electrolyte powder (in total scoops or volume) - organika	25	Nadine	✓
Electrolyte drops, unflavoured	1	Nadine	✓
Electrolyte chewable tabs	2	Nadine	✓
Water squirty flavouring	2	Nadine	✓
Bone broth packets – for warm feeds	20	Nadine	✓
Peanut butter and jam wraps	4	Nadine	○
Blackberry portions	4	Nadine	○
Premier Protein shakes	4	Nadine	✓
Thermos of hot chocolate (no sugar)	1	Nadine	✓
Thermos of decaf tea + cream (no sugar)	1	Nadine	✓
Chocolate milk	1 litre	Nadine	○
Sugar packets	handful	Nadine	✓
Other stuff			
Hand towel	1	Nadine	
Water boiler and isobutane	1 + 2	Nadine/Christine	
Hand whizzer or whisk ball	1	Nadine	
Thermometer, if doing warm feeds	2	Nadine	
Cooler + ice bags	1	Nadine	
Extra painkillers and personal medications in separate bag	Lots	Nadine	
Observer log (crew is required to document)	1	Nadine	
Nighttime – headlamp + new batteries	3	Nadine/Christine	
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