National Stream Equipment List

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| Item | Where to Purchase | Cost |
| EQUIPMENT | | |
| Yoga Mat | Varies | $25 |
| Water bottle | Caprice | $15 |
| Cap | Caprice | $10 |
| Goggles | Any swim store | $25 |
| Nose Clip | Caprice | $7 |
| Skipping Rope | Winners or sports store | $10 |
| Theraband | Caprice Coahces | $5 |
| Foam roller/tennis ball | Varies | $15 |
| Toe bands | Caprice Coaches | $3 |
| Notebook and Pen | Dollar store or staples | $5 |
| 10 or 20L jugs | MEC or Canadian Tire | $20 |