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  |