

## WHAT YOU NEED

### Swimsuit

Designed for minimal drag and maximum mobility. It ensures comfort and reduces water resistance during dives.

### Grip Spray / Rosin

Applied to hands and feet for better grip. Helps prevent slipping during takeoff and handstands.

### Earplugs

Protect the ears from high-impact water entry. Reduce the risk of ear barotrauma and infections.

### Nose Clip

Prevents water from entering the nose. Useful for maintaining focus and avoiding distractions mid-dive.

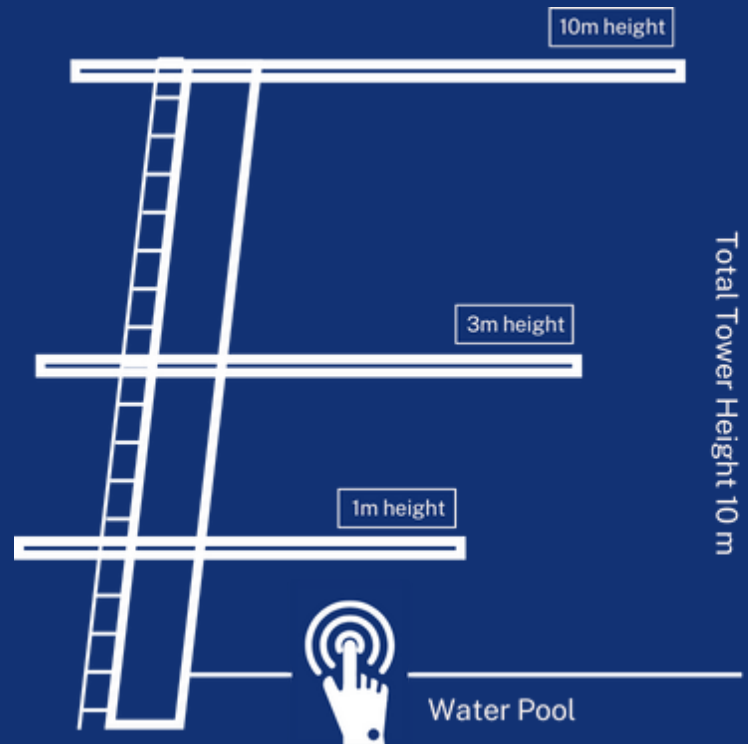
### Towels (Shammy)

A small, quick-drying towel to keep hands and body dry. Ensures a firm grip and better control on the platform.

### Crash Mats / Foam Pit

Used in training for safe landing practice. Helps divers perfect technique before attempting high dives.

## THE TOWERS



[Click here for Interactive Overview](#)

