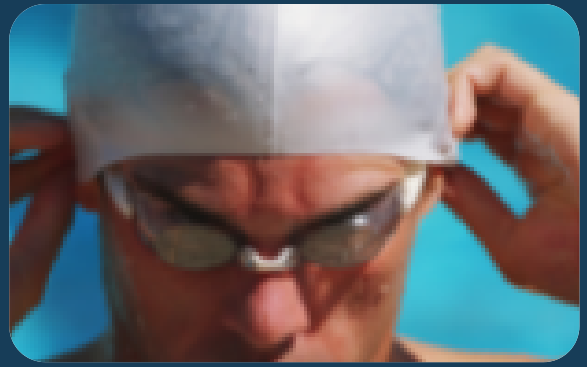


Which swimming cap?

No cap is fully waterproof, but the right material cuts drag, adds warmth and protects your hair.



THE MATERIALS



Silicone

TRAINING • RACING • EVERYDAY

Durable, low-drag and comfortable; latex-free. Pricier, and can slip if the fit is wrong.



Latex

INDOOR • WARM WATER • BUDGET

Thin, flexible and cheapest. Can snag hair, tears sooner, not for latex allergies.



Lycra

RECREATIONAL • WARM WATER

Soft, gentle and comfortable. Lets water through and adds drag.



Polyester

EVERYDAY • RECREATIONAL

Comfortable and quick-drying. Lets water through, less streamlined.



Neoprene

COLD • OPEN WATER

Wetsuit-like warmth, often covers the ears. Bulkier, pick a snug fit.

QUICK PICK

Daily pool training

Silicone

Budget or warm water

Latex

Comfort • aqua aerobics

Lycra / polyester

Long, thick, curly • braids • locs

Long-hair silicone

Cold open water

Neoprene

Competition

Silicone racing / dome

THE FIT CHECK

- Snug without causing a headache
- Holds your hair securely
- Stays put on push-offs and turns
- Sits smoothly, no large wrinkles
- Doesn't pull at the hairline



CARE

Rinse after every swim, air-dry out of the sun, store flat.



OPEN-WATER VISIBILITY

Choose a bright cap (orange, yellow, pink, green), but never in place of a tow float or buddy.