







In the pink

This Quiksilver Classic Tank Surf Set, £80, includes a high-neck crop top with soft removable padded cups and high-waist briefs for extra coverage and security; quicksilver.co.uk



Sure footed

A summer sneaker that's ready for water adventures, these Salomon Amphib Bold 2 shoes, £100, are lightweight, breathable, fast drying and great for beach runs; salomon.com



Carry all

Waterproof and roomy, La Pochette Wet Bag Maxi, £90, has multiple pockets for essentials and offers a triple lock system to ensure leak-proof storage of wet swimwear or damp sports kit; lapochette.co

womensfitness.co.uk

Cover up

Made from a soft microfibre fabric that can absorb up to four times its weight in water, this oversized Red Paddle Co Quick Dry Change Robe, £47.95, lets you dry off and switch outfits in record time; ellis-brigham.com



Super sporty

Made from a soft-yet-firm fabric, this flattering Deakin & Blue Swimcrop Bikini Top, £70, and matching High-Waisted Bikini Bottoms, £40, offers full UV protection and is resistant to chlorine, salt water and oils; deakinandblue.com



Sole survivors

These all-terrain, water-friendly Tropicfeel Monsoon Orion shoes, £89, have all the benefits of aqua shoes with the comfort of sports shoes and the technical soles of a hiking shoe; shop.tropicfeel.com





Surf's up

With UPF 50+ sun protection, this chlorine- and saltwaterresistant Rosie Woods x Tide + Seek Fitness Bikini Top, £48, and coordinating Surf Yoga Leggings, £65, are perfect for surfing and beach games alike; tideandseek.com





No sweat

Lightweight, sweat-wicking and fast-drying, this Contur Afresh Crop, £49.99, provides high UV protection for sporty fun in the sun, as do these Newfound Shorts, £39.99; conturuk.com





One for all

This stunning Stella Jean x Roxy Surf Onesie, £95, is made from a fast-drying fabric with built-in sun protection for fantastic coverage and flexibility on land or sea; roxy-uk.com



of the water; davyj.com

Survive the dive

Built with thick elastic chest

and waist bands, plus

cross-over straps, this Davy J

Bikini Top, £95, and matching

Bikini Briefs, £50, keeps

everything in place - in and out



Camo coverage

This Fabletics Scoop-Back Swim Bra, £34, and Sporty Swim Brief, £34, is designed for water-based workouts and beach activities;





Summer vibes

Stay cool and comfy in this Speedo Printed Long-Sleeved Sun Protection Top, £34, and Printed ¾ Sun Protection Leggings, £40, with integrated UPF 40+; speedo.com



Keep a cool head

Ultralight and packable, with UV protection, this Buff Pack Speed Visor, £21.95, has a moisture-absorbing headband to keep sweat (and the sun) out of your eyes; buff.com

Women's Fitness 23 womensfitness.co.uk