

Suggested Packing Items

- phone chargers
- headphones
- tech suits (these can be worn when we race)
- all gulf apparel, swimsuit and backpack
- nice dress shorts, jeans, pants, leggings, joggers- no short shorts or cutoffs
- sneakers for plane rides and dinners- no slides, crocs or flip flops
- extra shirts and shorts to sleep in or pajamas
- flip flops and crocs can be brought in your packed bag and ONLY worn at the pool
- extra towels for the meet and practices
- 2 pairs of goggles (we will not have extra goggles with us)
- any snacks your child likes to eat that we might not provide
- toiletries
- any medicines your child needs
- money for meals at the airport