

Equipment Checklist

For Practice:

Must Have

- Practice swimsuit(s) (this should NOT be the same suit as your meet suit.) "Grab Bag" suits are great for these
- Working goggles (two pair are recommended)
- Practice swim cap
- Water bottle (with name on it)
- Swim bag or backpack to keep everything together

Strongly Suggested

- Team meet suit (order through team website)
- One pair of fins
- Locker lock (do not bring bags on deck)

Would be Nice to Have

- Training snorkel (Age Group and Senior groups)
- Personal pull buoy
- Personal kickboard
- Personal hand paddles

For Meets:

- Meet suit
- Team cap
- Goggles and extra goggles
- Sweatshirt or warm-up jacket and pants (with name)
- Flip-flops, Crocks, etc.
- Extra towel (one will probably get soaked)
- Chair or blanket to crash on
- Book, music, game – while waiting for events
- Bag or backpack