

BOLLES *Swim Camp* **PACKING LIST**

SWIMMING

- Practice Suits (3-5) (*two-pieces not permitted)
 - TRADITION I & ELITE II - 1-2 tech suits for meets
- Towels (2-3)
- Equipment Bag - labeled with name
 - Kickboard, Fins, Hand Paddles, Pull Buoy, Snorkel
- Goggles (1-2)
- Water Bottle

Need equipment? Visit www.tyr.com

CLOTHES & LAUNDRY

- Dryland Attire
 - Training Shoes
 - Shorts (2-3)
 - T-Shirts / Tank Tops (*plain or swim-related only)
 - Sports Bras (1-3)
- Underwear / Socks
- Sweatshirt / Sweatpants
- Sleep Attire
- Beach / Casual Outfit
 - Slides / Deck Shoes
 - Beach Swimsuit (*appropriate two-pieces permitted, ex. Jolyn)
 - Hat / Baseball Cap
- Sunglasses

PERSONAL

- Bed-Sheets (twin XL size) and Blanket
- Pillow (1-2)
- Toiletries
 - Toothbrush / Toothpaste
 - Body Wash
 - Shampoo & Conditioner
 - Deodorant / Body Spray
 - Feminine Products
- Medications (*include prescription instructions)
 - Will be stored in dorm safe
- Phone Charger
- Waterproof Sunscreen (SPF30+)

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NECESSITIES / EXTRAS

- Money for groceries & souvenirs (*pre-paid debit card or credit card preferred)
- Passport if traveling internationally (*will be kept in dorm safe)
- Notebook and pens/pencils for educational sessions
- Books, games, cards, etc. for downtime

NOTES

- Washers & dryers are free to use in the dorms
- Laundry detergent pods can be purchased on weekly grocery run
- Average daily temperature is 90F / 32C + high humidity
- Training facilities are outdoors
- Campers are responsible for hydration and sunscreen application

To ensure the safety and well-being of our campers, Bolles Swim Camp staff will collect passports and prescription medications upon check-in for secure storage during the camp. This procedure exists to safeguard these essential items and to assist campers as needed. At the request of campers and their families, camp staff can also collect and securely store any other valuables for the duration of camp.

Bolles Swim Camp staff are not responsible for personal items that are lost during camp. We encourage campers to bring only what is necessary and to leave irreplaceable valuables at home.