

WHAT TO BRING TO MEETS

- 1 _____ Club Swim Suit
- 2 _____ Club Swim Cap
- 3 _____ Black Swim Suit (if figures are to be performed)
- 4 _____ White Swim Cap (if figures are to be performed)
- 5 _____ Nose Clips (bring extras)
- 7 _____ Goggles
- 8 _____ Towels (may go into your checked bag)
- 9 _____ Team Clothing (sweat suit, t-shirt, shorts, etc.)
- 10 _____ Knox; enough for the whole meet (4 packets for each day your swimming)
- 11 _____ Bobby Pins & Hair pins
- 12 _____ Hair nets
- 13 _____ Hair bands
- 14 _____ Container to mix Knox
- 15 _____ Knox applicator (comb, paintbrush, etc.)
- 16 _____ Water Bottle
- 17 _____ Make Up
- 18 _____ Flip Flops
- 19 _____ Blue Tooth Speaker (if you have one)
- 20 _____ Hair Brush & Comb
- 21 _____ Weight Belt, Toe bands, Thera band

All of this needs to be in your Carry on Swim bag