

Sample Packing Lists

Figures

- Club attire (if you are not wearing it to the pool as it is important that your team look the same)
- Black bathing suit, white cap, goggles, nose plug (and a spare just in case)
- 2-3 towels (dry fit and unique are best)
- Warm clothing (for large meets you may want to pack a house coat that can be worn on deck between figures)
- Lots of healthy snacks and plenty of fluids (warm drinks are also nice for long meets)

Routine

- Club Attire (if you are not wearing it to the pool)
- Competition suit and nose plugs
- Club spacing suit, club cap, goggles
- Bun covers, headpiece
- Pre-made gel, extra gel, bobby pins, hair elastics (kettle or other equipment to make gel)
- Make-up (if not provided by the coach)
- 1-2 towels
- Lots of healthy snacks and plenty of fluids