



## Swimmer's Packing List for Away Meets

**Please label all clothing, especially club clothing...there are dozens of suits, pants and t-shirts that are identical!!**

### Travelling clothes (all travel including to and from the pool)

- Nepean Artistic Swim Club Jacket and black yoga pants with Nepean Artistic Swim Club Black t-shirt
- Proper foot wear (runners, flats, boots)
- Hat, mitts, winter coat (weather dependent)

### Swim Bag (Club back pack)

- Black Figures Suit
- Figures Cap (white)
- Spacing Suit
- Spacing Cap (with the Club logo)
- Goggles (in good condition, clear or black for figure competitions)
- Nose clips (At least 3-4 in good condition)
- Team Suit
- Team Head Cap, Head Piece and/or Bun Cover
- Duet, solo, combo - Suit, Head Cap(s), Head Piece(s) and/or Bun Cover(s) (if applicable)
- Team Towel
- Extra Towel as needed (x2 + 1 small to wrap wet team suits)
- Deck sandals (Flip Flops)
- Black shorts
- Healthy snacks (No Nuts)
- Large Water bottle and/or sports drink
- Team Specific Items (if your teams uses these)
  - Goal book and pen
  - Stretch Tubing
  - Toe Points
  - yoga mat
- Gelling Supplies (only for meets where there is gelling; supplies listed below)

### Overnight bag (One small suitcase per swimmer)

- PJ's
- Comfy clothes for at the hotel - (please, no inappropriate sayings, pictures)
- Tooth brush, paste, floss

- Shampoo/conditioner/deodorant
- Hairbrush/comb
- Clean underwear/socks etc.

**Bus Carry-on bag:** *(Space is always VERY limited, so one relatively small carry-on pp)*

- Water bottle
- Healthy snacks (No nuts)

**Optional items:**

- Book / Kobo
- Homework
- Small hand-held game
- Playing cards
- MP3/I-Pod
- 1 or 2 Appropriate "G" rated DVD's – labelled.
- Small pillow

**Gelling Supplies:** *(only for meets where there is gelling)*

- 8 packets Knox Gelatin **per gelling** (prelims + finals + duet = 3 gellings = 24 packets of gelatin!)
- Round container and spoon to mix gel
- Basting brush/paint brush/hair dyeing brush
- Hairbrush
- Gelling towel (old towel that you don't mind getting gel on)
- Minimum 4 dozen open bobby pins
- Minimum 4 dozen closed bobby pins
- Minimum one dozen hair elastics colour of swimmer's hair
- 1 hairnet per gelling
- Squiggly head band in colour of swimmer's hair
- Head Piece (if team has one)
- Bun cover (for team and extra routine)

Swimmers cannot wear nail polish or jewellery when competing; Please make sure nail polish is removed before leaving home as well as any special jewellery.  
Medic Alert bracelets are the only exception

**HIGHLIGHTED ITEMS ARE "MUST HAVES" (i.e. Can't compete without them).  
Please triple check that these items are packed before leaving for the bus!**