

13 & Over Training Trip Suggested Packing List

1. Sun screen
2. Reflective goggles
3. Practice suits
4. Towels
5. Swim bag
6. Swim equipment (drag suit, rubber duck, buoy, kick board, long & short fins, snorkel, drag socks, nose plug)
7. Sun glasses
8. Book(s)
9. Game(s) – handheld or other
10. Money
11. Water bottle
12. Extra goggles
13. Hat
14. Swim caps
15. Be sure to pack swim gear
16. Snacks
17. Rain gear?
18. Cell phone and charger
19. Anything else?
- 20.
- 21.
- 22.
- 23.
- 24.
- 25.