

# **PACKING AND TRAVEL CHECK-LIST**

**THINK...EVERYTHING YOU NEED TO BE SUCCESSFUL AT COMPETITION!**

## **AIRLINE CARRY ON BAG (ONLY ONE)**

- \_\_\_ Black figure suit
- \_\_\_ White Cap (name on inside)
- \_\_\_ Goggles
- \_\_\_ Noseclip(s)
- \_\_\_ Solo, Duet, Trio Suits & Headpieces (Team Suit/Headpieces carried by chaperone)
- \_\_\_ Team Practice Suit and "Aqua Star" Cap
- \_\_\_ Team Warm Ups/Black Shorts/T-shirt
- \_\_\_ Knox/hairpins/donut/comb/brush/ponytail holders/hairnet/ "knoxing" towel
- \_\_\_ Waterproof makeup, suntan lotion, nailpolish remover, sanitary napkins/tampons
- \_\_\_ Prescribed Medications (with written instructions)
- \_\_\_ Pool Towels (1)
- \_\_\_ Underwear (1 set) (Sox and gloves a good idea if it is cold!)
- \_\_\_ Black Flip Flops
- \_\_\_ Wallet with money for meals, snacks, water, souvenirs (\$20 per day)
- \_\_\_ PHOTO IDENTIFICATION optional, cell phone if wanted
- \_\_\_ Camera/film
- \_\_\_ **GOOD ATTITUDE & A SMILE!!**

## **ONE SUITCASE (TO BE CHECKED AT BAGGAGE)**

- \_\_\_ P.J.'s
- \_\_\_ Toiletries (Toothbrush, toothpaste, retainers?, makeup remover, shampoo/conditioner, razor, lotion, deodorant, hairdryer)
- \_\_\_ Pool Towels (2)
- \_\_\_ AAS Clothing
- \_\_\_ shorts/pants/jeans (2)
- \_\_\_ Tennis Shoes (1 pair), socks (2-3 pair)
- \_\_\_ Underwear (however many days you will be gone! -), bras
- \_\_\_ Parka

**Please make sure outside of suitcase is labeled with your name & home phone number!!**

**PLEASE LABEL EVERYTHING WITH YOUR NAME!**

**SWIMMER MUST BE ABLE TO CARRY OWN LUGGAGE!**

**Swimmer cannot leave the airport without notifying your chaperone or coach that you are leaving to go home with your parent(s).**

# **SWIMMER RULES & REGULATIONS**

As your coaches and chaperones, our goal is to ensure your safety and well-being. These are the rules that we would like you to abide by:

No wearing swimsuits or pajamas in the hotel hallways. You must wear shoes while in the hallway.

No leaving your room without a buddy (not even to get ice).

No leaving the floor without the permission of a chaperone (and you must have a buddy).

All swimmers will come to a chaperone for any special needs or desires.

No swimmer shall give any medication of any kind to another swimmer. All over-the-counter medicines will be distributed by the chaperones on an as needed basis.

No other adults (including parents) are to be in the girls' hotel rooms at any time. If a parent would like to see their swimmer, they can meet in the chaperone's room privately. Chaperones will have room keys to every room.

Strict "lights out" every night.

No cooking in the swimmers' hotel rooms. All cooking will be done in the chaperones' room with a chaperone present.

No swimmer will leave the pool area for any reason. When we all arrive at the pool on Friday, we will do a tour so that the girls all know where the bathrooms are and what elevators to take to get to their destination.

All swimmers will notify their chaperones or coach when they need to use the bathroom (buddy system will apply—this is a large, multi-level pool.)

***The Chaperone(s) and Coach(es) will work closely together before and during the meet to coordinate times with the swimmers when they are required to land drill, practice, compete, eat and sleep!***

