



Swimmer Travel Meet Checklist

EXPECTATIONS

- Be on time for all departures, team meetings, warm-ups, and events.
 - Represent the team with pride – show respect to chaperones, coaches, teammates, officials, and competitors.
 - Follow all coach instructions – including warm-up, cooldown, and pre/post-race routines.
 - Maintain healthy habits: stay hydrated, eat nutritious meals, and get enough rest.
 - Stay with the team unless given explicit permission otherwise.
 - Limit screen time; stay focused on performance and recovery.
 - Be flexible and keep a positive attitude – travel meets may include unexpected changes.
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WHAT TO PACK

Swim Gear

- Swim suit(s) – Pack 2-3
- Racing suit(s) (tech suit)
- Team swim cap(s) – bring extras
- Goggles – pack 2–3 pairs
- Towels – pack 2–3
- Water bottle – reusable and labeled
- Mesh gear bag
- Training gear (as required): (coach will confirm)
 - Kickboard
 - Fins
 - Pull buoy
 - Paddles
 - Snorkel

Clothing

- Team warm-ups / hoodie / parka/T-Shirt
- Comfortable travel clothes- OSC Apparel
- Undergarments / socks
- Pajamas / sleepwear
- Shoes (sneakers, flip-flops/slides)

Toiletries

- Shampoo / conditioner
- Toothbrush / toothpaste
- Deodorant
- Hairbrush / comb
- Personal hygiene items

Nutrition

- Vitamins
- Hydration supplies (electrolyte drinks, tablets)
- Dietary-specific items (if applicable)

Other Essentials

- ID / insurance card
- Medication (coach & Chaperone notified if needed)
- Phone and charger
- Book / journal / headphones
- Spending money (as allowed)