

PACKING CHECKLIST

Racing

- Goggles, togs + spares
- Racing Togs
- Gear Bag (if you use this for warm up/warm down normally at meets)
- Towels
- Sports Shoes
- Drink bottle
- Warm clothes

Recovery

- Snack food
- Sports drinks or powder

- Please ensure all personal items are clearly marked with your name
- Personal items such as mobile phone, i-pad and computer games are your own responsibility