

# What to pack for a meet

## Traveling Locally

When traveling to a local meet (i.e. one that you are driving to), please remember to bring all of the following items. Please label ALL of your swimsuits with your name and "ANA Synchers", so that any lost items can be returned as quickly as they are found. You should plan to wear at least your team jacket when arriving at a competition; coaches will inform you if other parts of the team uniform should be worn.

### Things to bring:

- Routine suits (solo, duet, trio, and/or team)
- Headpieces
- Black suit and white cap
- Blue team suit and pink cap
- Clear goggles and nose clips (at least 3 pairs of nose clips)
- Team uniform - pants, shorts, t-shirt, white sneakers, white socks, pink flip-flops, etc.
- Caboodle with competition make-up
- Knoxing supplies - brush, Knox comb, elastics, bobby pins, hairnets, towel, Knox, etc.
- Cassette or CD for land drilling
- Radio for land drilling
- Swimsuit repair kits - scissors, thread, safety pins, extra sequins, extra gems, etc.
- Extra warm-up swimsuit, just in case
- Towels
- Bags for wet stuff
- Toiletries
- Any medications you need (including ibuprofen, asthma inhalers, etc.)
- A POSITIVE ATTITUDE!

## What to Pack for a Meet -

### Traveling to an Away Meet

When traveling to an away meet (one requiring an overnight stay), please pack your luggage as described below. We want to make sure that if any luggage ever gets lost, we have everything in our carry-ons that we will need to compete. When traveling as a team, all athletes **MUST** wear their team jacket so that we can be identified as a group - please wear it to the airport. Do not over pack your carry-on, as some airlines strictly enforce the sizes of carry-on bags.

#### To pack in your carry-on bags:

- Routine suits (solo, duet, trio, and/or team)
- Headpieces
- Black suit and white cap
- Blue team suit and pink cap
- Goggles and nose clips
- Competition makeup  
(do not pack the entire Caboodle - bring the minimum items needed. If you own a team blush, shadow, lipstick, etc. make sure to pack those in the carry-on!)
- Hair stuff for one swim  
(brush, elastics, bobby pins, hairnet, one application of Knox, etc.)
- Cassette or CD for land drilling
- Sequins/gems from swimsuit repair kits - **NO SCISSORS OR SHARP OBJECTS!!**
- Any medications you need (including ibuprofen, asthma inhalers, etc.)
- Book, magazine, personal CD player, etc. for plane trip
- A POSITIVE ATTITUDE!

#### To pack in your checked luggage:

- A slip of paper with your NAME and PHONE # of your home and the hotel you'll be at
- Team uniform - pants, shorts, t-shirt, white sneakers, white socks, pink flip-flops, etc.
- Caboodle; extra makeup, Knox, hair elastics, bobby pins, hairnets, etc.
- Towels
- Bags for wet stuff
- Radio for land drilling
- Extra swimsuit, extra goggles, extra nose clips
- Outfit for social (if flying to Nationals)
- Toiletries - shampoo/conditioner, make-up remover, etc.
- All the other clothes/shoes/personal stuff you want for the length of the trip