

USMS SWIMMER

Taking Inventory: Check Lists for the Well-Packed Swim Bag

••• Practice

- Swimsuit (plus an extra)
- Goggles (plus a backup pair)
- Swim cap (pack two)
- Water bottle (clean frequently)
- Towel
- Training fins (purchase a style to match your workout needs)
- Pull buoy (saves time scrounging at the pool)
- Hand paddles (purchase a style to match your workout needs)
- Mesh equipment bag (keeps things together; helps wet things dry)
- Shampoo and moisturizer (sample sizes save space)
- Nutrition bars
- Pen and paper (for writing notes about practice)
- Ziploc bags (keeps personal items dry; good for products that may leak)

••• Meets

- Swimsuit (plus an extra)
- Towel (pack two)
- Swim shammy (saves towels)
- Racing goggles (reserve just for meets)
- Racing cap (fresh and new)
- Water bottle
- Anti-inflammatory tablets
- iPod or MP3 player with headphones
- Warm-up suit or parka
- Shampoo and moisturizer
- Mesh equipment bag
- Nutrition bars
- Pen and paper
- Ziploc bags
- Copy of meet information
- Directions to meet
- Copy of USMS registration card

