

Packing List For Zones:

NOTHING THAT HAS YOUR HOME TEAM LOGO. YOU ARE A MEMBER OF SOUTHEASTERN SWIMMING WHEN YOU BOARD THE BUS.

Here is what we are giving you that you do not need:

- SES ZONE TEAM Speedo swim bag
- 1 SES ZONE TEAM silicone cap and 1 latex cap
- 3 SES ZONE TEAM tshirts
- 1 SES ZONE TEAM pair shorts
- 1 SES ZONE TEAM warm up jacket
- 1 SES ZONE TEAM tech towel
- 1 speedo l3r racer racing suit (*Bring your normal racing suit because you may not like it*)

WHAT YOU DO NEED:

1. goggles: multiple pairs
2. Championship suit: bring all of your championship suits you may not like the new racing suit we give you
3. Underwear
4. Pajamas
5. flip flops
6. tennis shoes and socks
7. A few pairs of shorts (we are giving you 1)
8. a couple of t-shirts (we are giving you 3)
9. toothbrush/ toothpaste
10. deodorant
11. shaving supplies
12. facewash
13. shampoo if you don't want to use hotel shampoo
14. medications
15. reading material for bus
16. copies of medical insurance cards
17. cell phone chargers
18. a little cash for a t-shirt etc if you want that (food is covered)
19. A towel (we are giving you one tech towel but you may want a regular towel)
20. TEAM SPIRIT BABY!!!