



What To Bring To Camp

- Swimsuit*
- Goggles
- One or two towels
- Swim cap (optional)
- Deck sandals (optional)
- Shampoo and conditioner (optional)
- Hairbrush and hair elastics (optional)

- Socks (1 or 2 pairs)
- Running shoes
- Athletic shorts or pants
- T-shirt**
- Sweater or jacket
- Sunglasses (optional)
- Sunscreen and a hat

- Water bottle
- Lunch that does not require a microwave
- Lots of snacks!

*One piece swimsuits and jammer-style shorts are most functional for swim training, however, we encourage campers to wear whatever they are most comfortable with.

** Please bring a change of clothes on Thursday and Friday.

