

CLOTHING:

- DDO Parka (optional)
- DDO t-shirt
- Black suit
- DDO tank top
- Black leggings
- Black shorts
- Team suit & bun cap
- Socks
- DDO track jacket (National)
- DDO track pants (National)
- DDO Club suit (National)
- If away: Pyjamas, Comfy clothes, underwear, socks, bras

POOL EQUIPMENT:

- Water bottle
- DDO black cap
- Nose plugs
- Goggles
- Towels
- Pool bag
- Running shoes
- Crocs or slides
- Foam roller
- Mat
- Lunch box (+empty tupperware, utensil & ice pack if away)
- Head set + charger (National)
- DDO white cap (National)
- Tubes & bands (National)
- Ankle weights (National)

TOILETRIES/HAIR:

- Shampoo & Conditioner
- Big elastics
- Small elastics
- Knox (4 per swim)
- Gel bowl & Brush for
knox
- Bun pins & bobby pins
- Hairbrush
- Smoothing comb
- Waterproof mascara
- Makeup remover
- Deodorant
- Period necessities
- Toothpaste & Toothbrush (if away)

Other:

- Money
- Medicare Card
- Medications needed
- Tylenol/Advil
- Kettle (1 per team)
- Homework
- Games (optional)
- If away:
- Phone charger
- Pillow
- Sleep mask
- Soap