



Clovis Travel Team Packing List

Swimmers are permitted 1 small rolling suit case, 1 swim backpack and 1 mesh bag. If swimmers can fit their mesh bag or practice equipment in their swim bag, then that is best.

The weather is forecasted to be mid 80s during the day and mid 50s at night and early mornings. Sunday and Monday highs will be low 90s. Swimmers do not need to pack parkas or street clothes. Swimmers should be wearing QSS apparel for the entirety of the trip.

Please ensure the following items are packed:

- Practice suit(s)
- Race suits (if in Summer Slam meet)
- Goggles (practice and racing)
- Q swim caps only (no personal or designed caps)
- Training gear in a mesh bag (fins, kickboard, and snorkels for all swimmers + paddles and buoys for 11-14 year olds)
- 2 towels
- Sunscreen (zinc based is best; must be waterproof)
- Insulated water bottle (24++ oz preferred)
- QSS apparel
- Workout clothes for 3+ dryland sessions
- Running shoes
- Socks
- Flip flops, sandals or crocs
- Undergarments
- Pajamas
- Toothbrush & Toothpaste
- Toiletries
- Two sweatshirt and/or jackets
- Any gear distributed to the swimmers the week prior
- Cash or card for lunch and dinners throughout the trip. The team will provide all breakfasts, one team dinner, snacks and drinks. If participating in Summer Slam, lunch will be provided for the Saturday and Sunday session.
- For Training Trip only, swimmers are responsible for 5 meals and a \$2 tip for housekeeping at check-out. We recommend sending them with at least \$150.

- For athletes staying through Summer Slam, swimmers are responsible for 10 meals and a \$2 tip for housekeeping at check-out. We recommend sending them with at least \$250.
 - If you are sending your swimmer with cash, please be sure to only provide small denominations.

What Needs to be Labeled & How

Please make sure all personal items have your athlete's name.

Each bag must have a luggage tag (provided) with their name and age group; this will help coaches and parents sort bags.

Items that need to have the **swimmer's name** clearly labeled in Sharpie:

1. All training gear within mesh bag
2. Insulated water bottle
3. All QSS Apparel
 - Please **write the swimmer's initials, age and gender on the tag** of the apparel item:
 - Example: Mickey Mouse, male at age 12 would be:

MM 12 M

- Example: Daisy Duck, female at age 9 would be:

DD 9 F