

Swimming Essentials Checklist

Pack all the following items into a large tote bag:

Clothing & Accessories

- Swim wear & Cover-up
- Swim cap
- Hair ties
- Hat
- Flip-flops/ Sandals
- Dry change of clothes

Safety/ Protective Gear

- Sunscreen/ Sunblock with a minimum of SPF 30
- Lip balm with sunscreen
- Goggles
- Sunglasses
- Safety/ Flotation devices
- First aid kit: Band-Aids, Neosporin, Pain killers, Benedryl, Prescription medication(s)

Fun Pool Essentials

- Pool toys
- Reading materials

Food & Drink

- Cooler/ Insulated bag
- Reusable water bottle filled with cold water or drink
- Snacks/ Food

Miscellaneous Pool Bag Essentials

- Money
- Comb & Detangler
- 1 Towel per person
- Wet bag