



Pool Checklist

Depending on whether you're spending a casual day in your backyard swimming pool or opting for an intense day of swim practice, you'll want to stock yourself with either some or all of this basic gear. Please adjust this list to fit your individual needs.

Basic Essentials

- | | |
|--|---------------------------------------|
| <input type="checkbox"/> Personal Flotation Device | <input type="checkbox"/> Sunscreen |
| <input type="checkbox"/> Swimmies | <input type="checkbox"/> Towel |
| <input type="checkbox"/> Waterproof Sleeve | <input type="checkbox"/> Ear Plugs |
| <input type="checkbox"/> Water Source | <input type="checkbox"/> Bodyglide |
| <input type="checkbox"/> Dry Bags | <input type="checkbox"/> Water Toys |
| <input type="checkbox"/> Sunglasses | <input type="checkbox"/> Swim Diapers |
| <input type="checkbox"/> Energy Food/Snacks | <input type="checkbox"/> Pool Bag |
| <input type="checkbox"/> Fitness Watch | <input type="checkbox"/> Umbrella |
| <input type="checkbox"/> Lip Balm | |

Clothing

- | | |
|--|---|
| <input type="checkbox"/> Board Shorts | <input type="checkbox"/> Swimsuit |
| <input type="checkbox"/> Water Shoes/Sandals | <input type="checkbox"/> Cap |
| <input type="checkbox"/> Visor/Hat | <input type="checkbox"/> Goggles w/Anti-Fog Solutions |

First Aid

- | | |
|--|--|
| <input type="checkbox"/> First Aid Kit | <input type="checkbox"/> Medical Info/Card |
| <input type="checkbox"/> Aloe | |

Personal Essentials

- | | |
|--------------------------------|--------------------------------|
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |