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# CAROLINA SWIM CAMP

## THE CAMP OF CHAMPIONS

### CAMP CHECKLIST

#### Must haves:

- BEDDING FOR TWIN BED OR SLEEPING BAG. (If staying overnight)
- PILLOWS (If staying overnight)
- TWO TOWELS
- TWO SWIMMING SUITS
- TWO PAIR OF GOGGLES
- SHOWER ITEMS (SHAMPOO, SOAP, ETC.)
- TOOTHBRUSH, TOOTHPASTE, MOUTHWASH, ETC.
- RAIN JACKET/GEAR
- CLOTHES FOR WARM AND COLD WEATHER
- GYM SHOES

#### Optional:

- Money for souvenirs, snacks & the swim camp store
- Snacks
- Swim equipment – fins, paddles, etc. (Swimmers may use equipment, but equipment is not required).
- Reading Material, Music (with ear buds only), board games, etc.

#### WHAT CAMP WILL PROVIDE FOR YOU:

- CAMP T-SHIRT
- CAMP SWIM CAP
- FLASH DRIVE WITH ALL VIDEO TAKEN DURING CAMP
- GATORADE WATER BOTTLE
- NAVY SEAL T-SHIRT (IF YOU PARTICIPATE IN THE EVENT)

#### CELL PHONE POLICY:

\*CAMPERs ARE PERMITTED TO BRING A CELL PHONE TO CAMP, BUT ONLY PERMITTED TO USE THEIR CELL PHONE WHILE IN THE DORMS. No Cell phones are to be used at any other times. Counselors and coaches will have cell phones in case of an emergency at all times.

#### INTERNET:

Internet is available ONLY at the Koury Natatorium. It is free of charge.

#### TALENT SHOW:

- We would love to see your talents outside of swimming
- You may bring items including, instruments, clothes, and small items used for skills.
- You can perform for us on the last night of Camp. Our location for the show is still TBD, but will most likely be in a large auditorium classroom or outside.

**The Carolina Swim Camp is not responsible for lost or stolen cell phones or any other personal items. Please keep your personal belongings safe and secure at all times.**