

KIT / TRAVEL CHECKLIST

DOMESTIC COMPETITIONS

****PLEASE LABEL EVERY KIT ITEM****

For overnight competitions, we advise travelling with two bags: a Kit Bag for poolside/diving gear and a separate overnight bag. Quite often when the divers reach their destination, they head straight to the pool for a training session and this allows the divers to be prepared. The following kit list is advisory only.

Kit Bag

- Two towels (consider using space saving microfibre towels)
- Two pairs of swimming trunks or costumes
- Toiletries: hairbrush, shampoo, conditioner etc
- Drinking bottle and emergency snack
- Diving kit (if not travelling in full kit): t-shirt (white), full tracksuit
- Chamois (if desired)
- Flip flops (if desired)
- Plastic bag (to put wet items in)
- Simple change of clothes
- £1 coin for a locker in case required

Overnight bag

- Pyjamas
- Change of clothes (including underwear and shoes)
- Toiletries: toothbrush, toothpaste, deodorant etc
- Chargers for electronics (if required)
- Teddy or comfort item 😊
- Bowl and spoon for breakfasts (if required)
- Small amount of spending money for t-shirts, stalls etc.

Travel

Please wear the club tracksuit (or at least the hoodie or tracksuit top) to allow easy identification of divers.

Pack enough snacks to last your diver for the length of the journey.

Take a refillable drinking bottle. Chaperones will provide water to refill on the journey.

Simple change of clothes: spilling and sickness can occur (this can go in their kit bag).

Separate kit bag and overnight bag (where applicable).

Bring items that will keep divers entertained for long journeys (e.g. electronics, playing cards, colouring in, travel games etc.)

Allow for all weather conditions (particularly in winter months) for correct outdoor clothing.