



NOVA SYNCHRO CLUB

Things to Bring:

Swim Gear

- Routine Suits & Head Pieces (team, duet, solo) – must go in carry on bag!
- NOVA cap
- NOVA club suit
- Black Figure suit & White cap
- Nose plugs (3-4 minimum)
- Goggles
- Towels (2 minimum)
- Water bottle & healthy snacks
- Shampoo & Conditioner
- Landrill music & player (optional)
- Team Binder & pen (if required)

Club Apparel

- NOVA T-shirt
- Black shorts
- Black pants
- NOVA jacket
- NOVA hoodie
- Deck shoes
- Runners
- NOVA bag/Swim bag

Hair & Make-Up

- Hair stuff
 - Knox gelatin (6-8 packs)
 - Gel container (tupperware) & spoon/fork/ tiny whisk
 - Paint brush to paint on gelatin (optional)
 - Circular hair comb (if needed)
 - Bobby pins & hair pins
 - Hair elastics (2-3 big ones and 3-4 small ones)
 - Hair nets (1-2)
 - Hair brush
- Make up
 - Extra Routines: Lip stick, eye shadow, water-proof eye liner & mascara
 - Team Make-Up – check first with coach



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For Out of Town Meets:

- Toiletries & PJ's
- Underwear & socks
- Comfy clothes for hotel
- Banquet outfit if required (no jeans!)
- Medication and/or special food for specific diet (let chaperones know)
- Extras - spending \$, camera, book, cell phone, cards/games, homework

Packing Your Bags:

- Bring your club suit, cap, goggles, nose plugs, towel and competition suits with you in your swim bag to bring on the bus.
- Pack a lunch and snack for the first travel day in your swim bag.
- Pack your hair supplies in your swim bag.
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