**DAILY EQUIPMENT:**

* Water bottle!!!
* Towel(s)
* Phone or computer to play music and look at choreography/ videos (optional!)
* Any color combination, one-piece, full coverage, athletic swimsuit
	+ Check [swimoutlet](https://www.swimoutlet.com/womens-competition-swimwear-c9327/#page=1&cat=9327&catlvl=4&sortby=Featured&viewall=no)
	+ Another favorite of swimmers is [Jolyn](https://jolyn.com/collections/full-coverage-one-piece-swimsuits)
* Any latex or silicone swim cap
	+ Check [swimoutlet](https://www.swimoutlet.com/swim-caps-c9633/)
	+ Pro tip: once we begin swimming routines without goggles, latex caps tend to stay on much better than silicone!
* Goggles (any color is ok)
	+ Some favorite styles among past swimmers:
		- [clear vanquisher](https://www.swimoutlet.com/p/speedo-vanquisher-20-optical-goggle-8183681/?color=213)
		- [mirrored vanquisher](https://www.swimoutlet.com/p/speedo-vanquisher-20-mirrored-goggle-13161/?color=48720)
		- [women's mirrored vanquisher](https://www.swimoutlet.com/p/speedo-womens-vanquisher-20-mirrored-goggle-8138578/?color=10794)
* Nose plug
	+ Available in person anytime at practice/ meets for $2 or order before season
	+ Pro tip: Get 2-5 at the start of the season as they are frequently lost and nice to have multiple!
	+ Please do not buy multicolored nose plugs and instead stick to clear or natural skin colors!
	+ [This style, with rubber/ silicone, work well.](https://www.swimoutlet.com/p/sporti-swim-clip-22382/?color=25824)
	+ [These are also a swimmer favorite](https://www.swimoutlet.com/products/sporti-nose-clip-22383/?color=clear)
* Something warm to wear after practice/ meets when locker rooms unavailable

**ADDITIONALLY, FOR MEETS:**

* Plain white swim cap (no writing allowed except discreet logo like tiny nike swoosh)
	+ Available in person anytime at practice/ meets for $2 or you can order before season from [swimoutlet](https://www.swimoutlet.com/p/sporti-latex-swim-cap-20745/?color=9325)
* Plain black, athletic, one-piece swimsuit (no writing allowed except discreet logo like tiny nike swoosh)
	+ Some styles past swimmers have liked:
		- [Jolyn](https://jolyn.com/collections/full-coverage-one-piece-swimsuits/color-black%2Bsolid)
		- [Sporti](https://www.swimoutlet.com/p/sporti-tie-back-one-piece-swimsuit-8126551/?color=9325)
		- [iSwim](https://www.swimoutlet.com/p/iswim-essential-solid-thin-strap-one-piece-swimsuit-8122576/?color=9325)
		- [TYR](https://www.swimoutlet.com/p/tyr-solid-diamondfit-one-piece-swimsuit-1010/?color=212)
		- [(Wide Strap) Sporti](https://www.swimoutlet.com/p/sporti-poly-pro-solid-wide-strap-one-piece-swimsuit-8125095/?color=9325)
* [Meet warm-ups from apparel team store](https://bsnteamsports.com/shop/SYNCHRO24) (the apparel store will close on 2/9/24)
	+ You will need to buy our meet warm-ups: Nike Women's Showtime Full Zip Hoodie and Nike Women's Showtime Pant
* Can be helpful to keep nail polish remover in meet bag as nail polish is not allowed to be worn during competition

**OPTIONAL GEAR YOU MAY WANT/ NEED:**

* [Goggle bungee replacement strap](https://www.swimoutlet.com/p/sporti-bungee-strap-21092/?color=212)
* [Wax ear plugs](https://www.swimoutlet.com/p/speedo-silicone-ear-plugs-3948/?color=10890)
* Parka
* Swim backpack
* Swim deck shoes
* Headphones