

SWIM BAG ESSENTIALS

PARENT & TOT

Being a parent is hard enough. Here's a handy list of must-haves to make swim class fun!

Keep this list in your swim bag to make sure you do not forget anything before every class.

GEAR

- A good gym bag with lots of pockets
- A bag to store post-swim wet stuff (*wet bag, Ziploc, etc...*)
- Lock for locker (*if needed*)
- Soap & wash cloth (*if needed for post-swim shower*)
- KWP (*Keys, Wallet & Phone*)

FOR BABY

- Your diaper bag *fully stocked with diapers, wipes, extra outfit and rash cream*
- Swim diaper
- Swim suit (*if needed*)
- Post-swim snack
- Water bottle (*for toddlers*)
- Comb/brush
- Swim cap (*if needed*)
- Hooded towel

FOR PARENT(S)

- Bathing suit
- Undergarments (bra, underwear, etc...)
- Towel for each adult
- Swim cap (*if needed*)
- Flip flops/slippers (*if needed*)

