

Gold Medal Swim Camp Checklist

Commuter Camper Must Haves:

- Two Swimming Suits
- Personal Towel(s)
- Two Pair of Goggles
- Personal Water bottle
- Any snacks or medical items needed
- If you have food allergies, make sure to bring items that you can eat if the dining hall does not have acceptable items.
- Money for souvenirs or snacks & the swim camp store

Optional for Commuters and Overnight campers:

- Swim equipment – fins, paddles, etc. (Swimmers may use equipment, but equipment is not required).

Overnight Camper Must Haves:

- Bedding for twin bed or sleeping bag.
- Pillow(s)
- TOILETRIES
- Two Towels (or more)
- Two swim suits
- Two goggles
- SHOWER ITEMS (Shampoo, Soap, and etc)
- Rain Jacket
- Non- Swimming Clothes (Shorts, T's, Sweatshirt, sweatpants, and etc)
- Gym Shoes, slides, and etc
- Snacks
- Water Bottles
- Any Medical Items needed
- Charger
- If you have food allergies, make sure to bring items that you can eat if the dining hall does not have acceptable items.
- Alarm Clock

Optional:

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

CELL PHONE POLICY:

Campers are permitted cellphones. No Cell phones are to be used on deck. Counselors and coaches will have cell phones in case of an emergency at all times. **The Gold Medal Camp is not responsible for lost or stolen cell phones or any other personal items.**

This is NOT a learn to swim camp. If you have questions about your swimmer's ability, please contact us before registering at buzzswimming@gmail.com.