

## Swim Bag 101

You'd be lying if you said "I've never lost anything in my swim bag...ever!" I think we've all had that moment when we were so sure that we put something in there only to find it lost in an abyss of towels and caps and goggles. But, then we find it ages later, when we don't need it, under that old granola bar from last season. It's happened to all of us at some point in our swim career, so here are some tips and tricks to help you keep your swim bag clean and organized. (Also, a few essentials to keep in your bag!)

1. Put all of your extra caps and goggles into a bag

- Make sure they are dry before putting them in! You don't want stinky caps, do you?



2. Designate pockets for certain things.

- Example: caps, goggles and water bottle in the left side pocket, extra caps, lotion and sunscreen in the right side pocket, etc.

3. ALWAYS put your shampoo, conditioner and body wash (or any liquids) in well SEALED bags!!!!

- I cannot stress this enough! Those shampoo bottles always find a way to open or start leaking, leaving you in a sticky situation...literally!



4. Use small containers to keep track of jewelry and other miscellaneous things.

- It's always good to keep things like earrings in containers to guarantee they won't get sucked in that black hole in your bag.

5. Bring a chamois (that's actually how to spell "shammy"!) to swim meets to avoid packing ten bajillion towels.

- Using a chamois (before your towel) will help keep your towel dry throughout the meet, so you won't have to use a soggy towel to change.



6. An "S" hook or carabiner on your bag.

- When it rains or when the ground is wet find a dry, covered place to hang your bag so it won't get wet.



7. A trash bag.

- If you can't find a dry place to put your bag, stick it in a trash bag to ensure its contents don't get soaked.

8. A netted pouch in your bag.



- When your swim suit or chamois is wet, just stick it in the pouch and hang it from the handle of your bag to let it dry. (The pouch keeps it from snagging on other things because the last thing you want is your \$500 race suit to get ruined!)

9. SUNSCREEN, SUNSCREEN, SUNSCREEN!

- Keep that skin protected! It'll thank you later!

10. Lotion and or Aloe.

- To turn that dry, alligator skin buttery and soft.
- Soothe that irritated skin with some aloe after a long day under the harsh UV rays.



11. Sharpies and highlighters



- For those of you who can't remember your events, write em' on your arm! It's also good to keep track of your events on the heat sheet by highlighting them.

12. Many, many, many rubber bands.

- You can never have enough of these because for some reason they always get lost.

13. For all you girls out there: A bag filled with extra feminine hygiene products.

- Sometimes, you never know when that time of the month is going to arrive, so it's always good to be prepared!

Do you have any other essentials you NEED in you swim bag? Let us know and share them with your friends at practice!