

# *Saint Paul Stars*

## Meet Checklist

Arrive at meet with hair gelled.

### Pack in SPS Travel Bag

- Routine suits and head pieces
- Black suit
- White swim cap
- Nose clips (3 or 4)
- Bobby pins
- Goggles
- SPS team suit (A team)
- SPS warm up pants (or black pants)
- SPS shorts (or black shorts)
- SPS jacket (or black jackets)
- SPS T-shirt
- Flip-flops or other pool shoes
- Other clothes, toiletries, personal hygiene products & medications
- Eye Drops
- Healthy lunch, snacks, juice, water
- Home work and book to read
- Music for routines and listen for relaxation, CD player, MP3, etc.
- speaker or CD player for decking (teams coordinate so only one with is extra batteries is brought)
- Money
- Camera
- Repair kits for suits and head pieces, include thread, needle and extra beads.
- Towels
- Note or gift for big/little sister

### For Out-of-Town Travel

- Prescription medications (in the original labeled container)
- Hair gelling supplies:  
Gel, brush and bowl  
(plastic cups at hotels will work for a bowl in a pinch). Hair net, hair binders, bobby pins
- Breakfast drinks, protein bars
- Cell phone in a baggy or a prepaid calling card
- State Identification Card  
(are available for non-drivers at the license bureau.)\*
- Health Provider Card
- Parent's permission slip to travel with team without parents
- Parent's permission slip to be taken in for medical treatment by coach/chaperons
- Travel money\*\*

\*If your swimmer is traveling via air they will need a Government issued identification with a photograph. If your swimmer is flying and doesn't have a drivers license or drivers permit, the State of Minnesota will issue a State Picture ID from any drivers license bureau for under \$15.00. It takes about six weeks to receive so plan ahead.

\*\*Several SPS parents have arranged a credit card in their daughters name under one of their existing cards. These are used for hotel payment, buying event clothing, going out for a team meal, etc. This way they only take a small amount of cash with them. Some cards allow for emergency cash from ATMs if you get a PIN.