

Items list for Camp Ona Carbonell

Below we attach the items list that we recommend to bring. If in any case someone needs to bring more material for personal reasons, we are at your disposal for any questions.






List of non-technical items


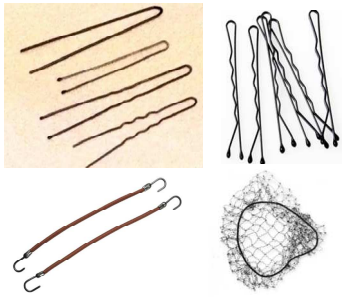

ITEMS	IMAGE	IS IN THE BACKPACK?
Vanity (personal hygiene utensils)		YES / NOT YET
Towel x2 (swimming pool and shower)		YES / NOT YET
Sports change (indoor activities) for 8 days		YES / NOT YET
Underwear x 8 days		YES / NOT YET
Flash light		YES / NOT YET
Sport shoes		YES / NOT YET
Jersey or warm clothes for night activities or outings		YES / NOT YET
Flip flops		YES / NOT YET
Mosquito repellent (ONLY SUMMER CAMP)		YES / NOT YET

ITEMS	IMAGE	IS IN THE BACKPACK?
Medications if needed with authorization for administration and specify the dose and hours		YES / NOT YET
Known allergies (specify)		YES / NOT YET
Sun screen		YES / NOT YET
Dirty laundry bag		YES / NOT YET
Water bottle		YES / NOT YET
Black Long pants		YES / NOT YET
White and black t-shirt		YES / NOT YET
Short black pants		YES / NOT YET
Old t-shirt "to use and drop"		YES / NOT YET
Case with pencils and pens Notebook for taking notes		YES / NOT YET
Wooden picture frame 13 x 18cm (ONLY SUMMER CAMP)		YES / NOT YET
Personal object to use in the dynamics of "Improvisation in the water" (ONLY SUMMER CAMP)	 <p>(have to be able to wet)</p>	YES / NOT YET

List of technical items

Individual training systems for each swimmer that must be taken to the Campus

ITEMS	IMAGE	IS IN THE BACKPACK?
Elastic bands for PIES		YES / NOT YET
Elastic bands for ARMS and LEGS, we recommend the rubber bands for the legs.		YES / NOT YET
Float		YES / NOT YET
Carafes, we recommend the folding of Decathlon (ONLY ELITE CAMP)		YES / NOT YET
Swimsuit sequins (if is possible)		YES / NOT YET

ITEMS	IMAGE	IS IN THE BACKPACK?
Black and White Cap and black swimsuit		YES / NOT YET
glasses and tweezers		YES / NOT YET
Hairpins, clips, hairnet and rubber, we recommend the hook rubber		YES / NOT YET
Makeup (Black stripe and Red lipstick)		YES / NOT YET
Competition swimsuit (whichever you like best)		YES / NOT YET
Training swimsuits		YES / NOT YET

* Please bring all clothing marked with name and surname to avoid confusion and loss.

* Hair gelatin will be provided by the "Ona Camps" staff