

Items to bring to camp:

- Athletic Attire
- Athletic Shoes (no slides or flip flops please)
- Backpack
- Goggles
- Fins
- Spending Money
- Suits - at least 1 for each practice
- Sunscreen
- Swim Caps
- Towel
- Water Bottle

SPORTS MEDICINE

We will have an Athletic Trainer available during camp:

Duke University Hospital is the nearest hospital to Taishoff Aquatic Pavilion.

Duke University Hospital  
2301 Erwin Road  
Durham, NC 27707  
919-684-8111  
Emergency Room

