

## How to Pack Your Sea Bag

1. Hold your sea bag up with the bottom touching the floor. Now take the top of the sea bag and fold it out and over the bag. Pull the sides down until those sides reach the bottom of the floor. Your sea bag is now half its unfolded size; this makes it much easier for you to begin packing items on the bottom of your bag.
2. Start adding your main clothing to the bag. This includes tops and bottoms. Then add your undergarments.
3. Roll the sides of the sea bag up so that the bag is standing three quarters of the way tall. This gives you room to continue packing.
4. Place any boots or shoes you need in the bag next. You can also add any hats that you may need to bring along.
5. Roll the sides of the sea bag up all the way. You are now ready to include the final objects you will need to take with you.
6. Top off the sea bag with a towel and such personal items as a shaving kit, deodorant, toothbrush, toothpaste, notebook and pen.
7. Close up your sea bag and set it by your front door so that it is ready to go when you are.

Tip: get some clear gallon storage bags. Roll up your underwear as tight as you can and place them in a bag. Do the same with your socks and any other clothing items that will fit. Your bag will be more organized, your clothes will fit better, and you'll be able to re-pack your bag more easily after it's dumped out at your training.

Tip: your name needs to be on every item and piece of clothing!

Tip: print the sea bag list and check-off every item as you pack it.