

# SEAL STRONG

THE CORRECT WAY TO PACK YOUR

## X DIVISION GEAR

IF you DOR during one of our Challenges, you will be assigned to the "X Division" and will change into this gear that you brought.

### CONTENTS:

- Shoes
- Socks
- Underwear
- Blue Jeans
- White t-shirt



### PACK IT LIKE THIS:

In a ziploc (waterproof) bag  
Labeled with YOUR NAME

*White t-shirt on top so we  
can see your name written  
on the outside of the bag.*

*We will take your keys, wallets, etc away from you - so bring a ziploc bag for them!*

LABEL EVERYTHING!

