



# Swim Meet Packing List

---

- A **relaxed, positive attitude** : *This least tangible item is probably the most important thing you can bring to a meet!*

## Apparel

- Competition suits (2)
- Caps (2)
- Goggles (2)
- Swim Parka
- Something Warm to Wear - *warm up suit, or sweats, or fleece jacket; more towels (swimmers like to wrap themselves in towels - it's easy!).*
- Deck Sandals - *There's plenty of ways to pick up infection and get injured around the pool. MAKE them wear sandals on EVERY pool deck - inside or outside! Their primary means of propulsion is their feet!*
- Sunglasses
- Towels - 3 or 4 big ones. Everything around the pool gets wet!
- A DRY Change of Clothes-*For after the meet (pack in separate compartment or Ziploc bag!).*

## Toiletries

- Vaseline - *To put on shoulders under suit straps (suits are tight and rub). A small container is adequate.*
- Ear Drops - *Usually, a vinegar/alcohol solution in a glycerin base - you don't want to deal with swimmer's ear. Use after practice and meets. Every practice. Every meet.*
- Toiletries - *Swim shampoo, conditioner, hairbrush, comb, contact solution, girlsonly stuff, deodorant, other bathroom stuff.*
- Tylenol/Motrin - *For older swimmers, these are good for headaches and body aches.*
- Sunscreen/Sunblock - *absolutely required for morning and day-long meets*

## Nourishment

- Water Bottles - *A big one, with water in it! Swimmers dehydrate easily. They don't realize they are sweating!*
- Snacks - *Raisins, trail mix, Ritz bits w/peanut butter, goldfish, grapes, small chunks of fruit or veggies; favorite dry cereals in Ziploc bags; string cheese; beef jerky; yoghurt covered raisins*

## Miscellaneous

- Sharpie for writing events on arm/leg
- Pen for recording times
- Portable chairs
- Stretch Rope - *For stretching before warm-ups.*
- Entertainment Items - *Books (for reading and school work), iPod (with earphones), playing cards, etc. There's lots of time between events! You'll be surprised how much homework gets completed at a swim meet.*
- Electronics Chargers
- Extra Plastic Bags - *For keeping things dry (various sizes).*
- Directions to Away Meets
- \$1 bills for entry & heat sheets (maybe concession)
- Tarp, just in case the ground is wet.