



# WHAT TO BRING TO MEETS

- **Several layers**—Meets are typically HOT on the pool deck and bleacher area and COOL in the gym/team holding area – bring sweats, swim parka or bath robe to stay warm between events
- Blue team **suit** with logo, current team swim **cap** (coaches will hand out) and 2 pairs of **goggles**. If cap rips, see coach.
- At least 2 thick **towels**
- **Flip flops** for walking around the Y
- Waterproof **Sharpie** to write event #s on your arm/leg
- **Sleeping bag**, blanket, Pillow Pet for swimmers to lounge on
- **Camp chairs** for spectator seating between events
- Healthy **snacks & drinks**—Coolers are usually allowed & most meets have concession stands with hot food. Stay hydrated!
- **Board games, cards, electronics**—Have fun with your friends!
- Don't leave valuables out in the open, phone chargers plugged into outlets, etc. When using a locker, always **lock it**.
- Parents: When you volunteer as a timer, you will get splashed! Bring flip flops and shorts to change into.

