

## What Do We Bring to a Swim Meet???

For new families, we understand that a swim meet is a new experience. Not knowing what to expect can be difficult and stressful for not only the swimmer, but the parents as well. When it comes time to pack your bags for a swim meet, these are some of the things that have been passed on from veteran families to new families over the years. First off, bring **lots** of towels!! For every swimmer, a minimum of two towels is recommended (for a swimmer with longer hair, you may want to bring more).

It is a long day for kids—make sure they bring things to keep themselves occupied. Books, hand-held computer games and other small items will help their day move along quicker.

In order to be comfortable, kids will also want to bring blankets or sleeping bags. They spend a good part of their day sitting or lying on the hard floors.

Kids need to stay warm in between the times they are in the pool. Many of them bring bathrobes and slippers. Pajama pants are also a very popular item.

Speaking of the pool, **extra goggles** are a must! You never know when their goggles might break. An extra suit is always a good idea as well. We would hate to have any “wardrobe malfunctions” out on the pool deck!

Feel free to pack a cooler with snacks and drinks for the kids (and yourselves). Even though they are in the pool, kids can still get dehydrated. Make sure they drink enough liquids during the day. Remember, however, we do have a concession stand that provides both breakfast and lunch items, as well as snacks and drinks.

Still unsure? Ask a veteran parent—they are the greatest source of information to help you survive your first season as a swim family!