

# SWIM MEET PACKING LIST

 **TIP FROM THE BEAR:** Prepare and pack as much as possible the night before and get a good night's sleep. You'll thank yourself in the morning!

## NECESSITIES FOR THE SWIM BAG

- Team suit
- 2 pairs of goggles (straps break)
- 2 swim caps (they rip at the most inconvenient times)
- 2 large towels (damp towels are not fun)
- Warm clothes (mornings can be very cool)
- Change of clothes in a zip top bag (everything seems to get wet at meets)
- Flip-flops, shower shoes, or slip on sandals
- Black Sharpies (they need to have their events written on their arms or legs)
- Sunscreen
- Medications (pain-relievers, Epipens, inhalers, etc.)
- Water and lots of it (consider freezing a few bottles)
- Healthy snacks


## NECESSITIES FOR THE FAMILY

- Shade (canopies, beach umbrellas, tents, or similar; you might be spending the day on the football field or an asphalt parking lot)
- Hats, sunglasses, and sunscreen
- Camp/folding chairs
- Blankets/sleeping bags (in the morning these help keep everyone warm; later they become extra seating or can be draped to create more shade)

- Clothespins (to hang up caps, goggles, and damp items; caps and goggles are so easy to lose)
- Cooler (get one with wheels to save yourself from back strain)
- **WATER**, WATER, and more water (we cannot stress this enough; consider freezing some half-gallon containers to provide cool water throughout the day)
- Healthy food and lots of it (these kids consume enough food to feed a large army; be prepared)
  - Protein – hard-cooked eggs, cheese, yogurt, lean meats (ready to eat; there are no cooking or grilling facilities), nuts and seeds (or nut/seed butters)
  - Fresh fruit and veggies (they also help keep everyone hydrated)
  - Whole grain carbohydrates – crackers, dry cereal, breads, granola

## NICE TO HAVE

- Entertainment (games, books, electronic devices, toys; there is a lot of downtime)
- Misters and/or battery operated fans
- Wagon (parking can be quite far from the pool)
- Cash for concessions and treats

 **TIPS FROM THE BEAR:** Try not to pack too much “junk” food like candy, chips, soda, or anything with an ingredient list you need a degree in chemistry to understand. A few treats are fine, but your swimmers work hard and their bodies need fuel in the form of hearty, wholesome food and, hey, you do, too! Also, it's pretty hard to over-pack for a swim meet. If you think you might need it, pack it!