



SWIM MEET PACKING LIST

These items are helpful at every meet. Equipment breaks, so be prepared by packing back-ups for all items.

Essential Items

- YMCA Membership Card
- Backpack
- Racing Suit and Back-up Suit
- 2 Swim Caps
- 2 Pairs of Goggles
- Several Towels
- Sweatshirt and/or Sweatpants
- Dry change of clothes for after the meet
- Blanket and/or Sleeping Bag
- Sharpie or Skin Safe Marker
- Highlighter
- Toiletries to shower after meets
- Cash to purchase Heat Sheets and Snacks
- Water bottles
- Snacks

Other Items to Consider

- Entertainment Items for downtime
- Folding and/or Bleacher Chairs
- Prescription Medications

Siblings need food and entertainment, too!

~Every Stroke You Get

Closer to Your Goals~