





Swim Meet Packing List

 Swimmer Gear	 Summer Gear	 Team Area Gear
<input type="checkbox"/> Swim Suit (2)	<input type="checkbox"/> Ice/Cold Drinks	<input type="checkbox"/> Chairs
<input type="checkbox"/> Goggles (2)	<input type="checkbox"/> Sun Hat	<input type="checkbox"/> Pop-Up/Canopy <i>(coordinate with other families)</i>
<input type="checkbox"/> Swim Cap (2)	<input type="checkbox"/> Fan	<input type="checkbox"/> Snacks
<input type="checkbox"/> Water		<input type="checkbox"/> Games
<input type="checkbox"/> Sunscreen		<input type="checkbox"/> Books
<input type="checkbox"/> Towels <i>(1 per event + warm-ups)</i>		<input type="checkbox"/> Wagon
<input type="checkbox"/> 2 Pairs of Dry Pants		<input type="checkbox"/> Trash Bag
<input type="checkbox"/> 2 Tops		<input type="checkbox"/> Wet Wipes
<input type="checkbox"/> Athletic Shoes <i>(see note below about Crocs)</i>		<input type="checkbox"/> Toiletries for Shower
<input type="checkbox"/> Sharpie Marker		
	 Winter Gear	
	<input type="checkbox"/> Parka	
	<input type="checkbox"/> 2 Pairs of Warm Socks	
	<input type="checkbox"/> Warm Hat & Gloves	
	<input type="checkbox"/> Warm Boots	
	<input type="checkbox"/> Hand Warmers	
	<input type="checkbox"/> Blanket/Sleeping Bag	

- Arrive in VJO Team Apparel. Be proud to represent VJO and make sure to always wear VJO team apparel to meets. Team t-shirts can be purchased at practice and are kept in stock at our facility.

- Set your stuff down in the team area. All VJO swimmers are required to sit in the team area. Parents are welcome to sit near the team area or anywhere around the facility.

- Check in for your events at Clerk of the Course. Check in with your coach.

- Get familiar with the facility. Make sure you know where the bathrooms, coach's area, team area, starting area, warm-up/warm-down area and snack bar are.

- Get ready for warm-ups. Make sure you have your team suit on and team cap and goggles ready. Make sure to always have an extra suit (team suit or practice suit), team cap and goggles in your bag. Crazy things happen and sometimes these items will break at meets.

- Crocs are only acceptable for getting into and out of the pool. Once your feet are dry, put on athletic shoes. These are better for your feet, ankles, and knees.