

Swim Meet Packing List

Two of everything that touches water.

IN THE WATER

- Competition suit
- Backup suit
- Goggles x2, adjusted
- Team cap x2

ON THE DECK

- Towels x2 minimum
- Parka or warm layer
- Deck sandals / slides
- Warm socks + sneakers
- Dry clothes for ride home

THE SYSTEM

- Sharpie (events on arm: E12 H3 L5)
- Highlighter + heat sheet
- Printed/saved schedule

FUEL & SURVIVAL

- Real food: bagels, bananas, sandwich
- Refillable water bottle
- Sports drink for the back half
- Charger + battery
- Cash for concessions
- Camping chair per parent
- Book / cards between events