Swim Meet Check List

Some families are pros at packing for meets, but here's a check list in case you need one.

- ☐ Team suit
- ☐ Swim cap + backup cap
- ☐ Goggles + backup goggles
- ☐ Sunscreen
- ☐ Towels
- ☐ Cooling towels (check Costco and Bed, Bath & Beyond)
- ☐ Clothing (be prepared for hot or cold weather)
- ☐ Hats
- ☐ LOTS of water
- ☐ Healthy snacks (salty and sugary foods will dehydrate swimmers)
- ☐ Pump bottle mister
- ☐ Pop-up tent, tarp, umbrella
- ☐ Sleeping bag or blankets
- ☐ Lawn chairs
- ☐ Baby powder (sprinkle into the cap to prevent sticking)
- ☐ Cards, games, toys, books/magazines, electronics, etc.
- ☐ Pens and/or Sharpies
- ☐ Printout of preliminary meet program
- ☐ A wagon/cart/dolly to carry all of your stuff!