



What to Bring to a Swim Meet?

Here is a basic list of items you should bring to any swim meet:

- 2 racing suits
- 2 pair of goggles
- 2 swim caps multiple towels
- Refillable Water Bottles
- Heat Sheet - if it is available ahead of time
- Sweats (or something warm) and flip flops to wear during the meet.
- Dry clothes for after the meet, including warm socks and regular shoes. Most kids change before leaving the pool area after a meet.
- Chairs some meets have ample seating some do not. It is not necessary to bring chairs but its nice to have if needed.
- Blankets or towels for kids to sit on the floor. Cooler with healthy snacks and drinks.

Please note: some pools do not allow coolers in the pool area, others do. Respect the rules at the meet. Make sure your swimmer has enough healthy snacks and drinks to get through their session.

Money for heat sheets – cost can range from \$5 - \$20 depending on the size of the meet.

Money for the concession stand (**better to bring your own healthy snacks**) and for vendor booths. At larger meets, there will be vendors selling swimming gear, t-shirts, etc.

Sharpies, pens and highlighters. Bring extras - others often forget and need to borrow yours. I-pod, headphones, books or other things to keep busy between races. There may be an hour or more break between two races.

MOST IMPORTANTLY, BRING A POSITIVE ATTITUDE! At the actual meet sit with you teammates...get to know them, cheer them on and encourage them!