

What to Bring to a Swim Meet

Swimmers

- Warm clothes – especially if sitting in a gym between events. The gym is often cooler.
- Extra Towels
- Extra Caps
- Extra Goggles
- Extra swimsuit (in case there is a last-minute suit malfunction, it is a good idea to have an extra suit)
- Light snacks
- Plenty of hydration
- Shoes/Sandals - at meets, swimmers are required to wear shoes or sandals whenever walking on the deck or leaving the pool deck.
- Seating – Depending on the facility a folding camp chair or cushioned bleacher seat can be helpful so that your swimmer has a more comfortable place to rest between events.
- Sharpie - To be used by your swimmer to write down their events.

Parents

- Comfortable seating - a bleacher seat or folding camp chair depending on the facility.
- Activity to pass the time - book, audio book, music...
- Plenty of water - it gets warm in most pool areas.
- Dress in layers - it is going to get warm in the pool area.
- Umbrella - if the meet is being held outside an umbrella or sun canopy to keep the sun off.
- A great attitude ready to cheer on your swimmer and all the other swimmers.

If it is a summer outdoor meet, make sure to bring plenty of water and sunscreen. In the case of inclement weather, the meet officials and coaches, following the facility protocols, will make the decision of how to proceed.