



## What to Bring to a Meet

- Pack appropriate clothing and shoes, remembering that the weather can change from very cold to very warm and back again. It is better to be over-prepared than underdressed in cold weather. (See our document “Staying Warm at a Meet” for more information.)
- Pack plenty of dry towels. Are you entered in two events on one day? Bring three towels: one for after warmups, and one for after each event.
- Bring chairs – enough for swimmers and parents. At many meets, our team tent is set up on the cold ground. Keep your feet and body warm by sitting in a chair. Bring a blanket!
- Pack appropriate food for a day outdoors. A snack bar will almost always be available, but foods your child is accustomed to will be best when racing.
- Carbohydrates are your primary fuel source. They combine well with small amounts of protein before and after racing (i.e. a bagel with peanut butter).
- Avoid “low-carb” drinks. Low blood glycogen will trigger tissue breakdown ... calories in your drinks will help to prevent this. Chocolate milk is actually considered one of the best post-workout drinks for refueling.
- Eating potassium-rich foods (i.e. bananas, figs, Fig Newtons, raisins) before swimming can help you avoid cramps.
- Remember sunscreen! Even if it’s not a very warm day, you will get a lot of exposure at the pool.