

# **What Should I Bring to Swim Meets?**

- Valleybrook Swim Suit
- Back-up Suit
- Cap + Goggles (bring extras of these, too!)
- 2 Towels
- Extra T-Shirt
- Flip Flops/Sandals
- Water/Gatorade
- Food (crackers, fruit, cheese sticks, etc.)
- Black Sharpie
- Sunscreen
- Folding Chair/Beach Chair
- Blue + Green Spirit Swag (foam finger, cowbell, necklaces, etc.)
- Positive Attitude!