**MEET CHECK LIST**

Most teams will sell concessions, although selections vary by location. It is best to pack a few healthy snacks for your swimmer. Also remember that while it often warms up quickly in the morning, swimmers can feel cold after coming out of the water – even if it is 70-80 degrees outside. Be sure to pack warm clothing or a blanket to keep your swimmer warm between events.

* Directions to the pool, address for GPS
* Heat Sheet – know whether you need to print one or they will be sold at the host pool (BHST does not sell heat sheets; they will be emailed to families on the Friday before the meet.).
* Towels –several, as wet towels do not dry quickly in the morning (especially if there is no sun)
* Blanket – once your swimmer dries off, s/he may want to wrap in a warm blanket.
* Extra outfit – dry clothes for the ride home.
* Tent
* Chairs
* Sunscreen
* Water – lots of it; swimmers need to stay hydrated
* Snacks – fruits, nuts, granola, pasta
* Small bills for concession purchases
* Goggles – an extra pair is always a good idea
* Cap – swimmers are to wear a team cap.
* Swim suit
* Deck of cards, games, books – to enjoy between events. (To get the most out of the team experience, encourage your swimmers to refrain from electronics, choosing instead to rest, refuel, socialize and/or cheer on teammates.)