

## Swim Bag Packing List

### Essentials For a Meet

Here's a list of items your swimmer's bag should contain for the meet. Be sure to label everything with your swimmer's name - bags, suits, goggles, towels, etc. look alike, especially new meet t-shirts!

- **Team Suit** - Always pack a spare suit (they do fall apart sometimes!). For championship meets, don't forget the champs suit.
- **Team Swim Cap** - Pack two, they tear easily! The coaches always have extras at meets (you'll be charged on your bill for each one).
- **Team T-Shirt** - To ward off the chill and look like a team.
- **Goggles** - At least two pair (straps break!). You can also pack extra straps, so favorite goggles can be saved (but, replacement takes time - thus the need for an extra pair). Always alternate two pair during practice. NEVER wear untested, new goggles at a meet.
- **Deck Sandals** - There's plenty of ways to pick up infection and get injured around the pool. MAKE them wear sandals on EVERY pool deck - inside or outside! Their primary means of propulsion is their feet!
- **Towels** - Pack at least two (big ones). Everything around the pool gets wet!
- **Stretch Rope** - For stretching before warm-ups.
- **Something Warm to Wear** - Team warm up suit, or Team sweats, or Team fleece jacket; more towels (swimmers like to wrap themselves in towels - it's easy!).
- **Water Bottle** - A big one, with **water** in it! Or bottles of sports drink. Swimmers dehydrate easily. They don't realize they are sweating!
- **Vaseline** - To put on shoulders under suit straps (suits are tight and rub). A small container is adequate.
- **Ear Drops** - Usually, a vinegar/alcohol solution in a glycerin base - you don't want to deal with swimmer's ear. Use after practice and meets. Every practice. Every meet.
- **Discreet Snacks** (often not allowed on deck) - Raisins, trail mix, *Ritz* bits w/peanut butter, goldfish, grapes, small chunks of fruit or veggies; favorite dry cereals in *Ziploc* bags; string cheese; beef jerky; *Gatorade* Bars or *Power* Bars; ask around for ideas!
- **Baby Powder** - To lightly dust inside of swim caps after drying them; keeps them from sticking together and makes them easier to put on! (A sample size will last a long time.).
- **Toiletries** - Swim shampoo, conditioner, hairbrush, comb, contact solution, girls-only stuff, deodorant, and other bathroom stuff.
- **A DRY Change of Clothes** - For after the meet (to remain dry in a swim bag they must be in a separate compartment or *Ziploc* bag!).
- **INHALERS** - If your child is asthmatic, this is the most important thing they own. Different environments have different triggers that can set off an attack. Tell the coach if your child has asthma and where they can find their inhalers! Pack their inhalers! **Same for other medications.**
- **Tylenol / Motrin** - For older swimmers, these are good for headaches and body aches.
- **Entertainment Items** - Books (for reading and school work), MP3/CD player (with earphones), CDs, *Gameboys*, playing cards, etc. There's lots of time between events! You'll be surprised how much homework gets completed at a swim meet.
- **Extra Plastic Bags** - For keeping things dry (various sizes).

- **For Outdoor Meets:**
  - **Sunscreen** - Get a waterproof type and put it on before you get to the meet (it needs time to soak in). Put it on again after a couple of hours.
  - It's a good idea to have **Sunglasses** and a **Hat**.
  - **Bug Spray** - Get a waterproof type and put it on before you get to the meet. Put it on again after a couple of hours.
- **For Travel Meets:** (coming soon)

Here's a list of items your swim bag should contain:

- **A Black Sharpie Marker** - For marking E/H/L info for each race on your swimmer's hand (E= Event #; H = Heat #; L = Lane #).
- **A Highlighter** - For marking their race info on the heat/program.
- **A Pen** - For writing down the times your swimmer achieves at the meet.
- **Stopwatch** - To get splits/ times, if there's no scoreboard.
- **Folding Chairs** - To sit in if there are no bleachers.
- **Cooler** - Filled with drinks and snacks (many venues don't allow coolers in the pool, but do allow them in off-deck seating areas).
- **Entertainment Items** - For You. Books, newspaper, playing cards, work items, hobby items, etc. with which to keep busy when your swimmer's not swimming. Better yet, volunteer to help with the meet!
- **Entertainment Items** - For siblings. Same as for your swimmer.
- **For Outdoor Meets:**
  - **Umbrella** or **Tent** - For shade or protection in the rain.
  - **Sunscreen, sunglasses**, and a **hat** - For protection.
  - **Bug Spray** - For protection.