



What to Bring to Swim Meets



Use this checklist to help you stay organized and prepared for a great day of racing. 📋

Meet Day Essentials:

- ✓ **Swimwear:** Make sure you are suited up and ready to go.
- ✓ **Sunscreen:** Apply 15 minutes *before* warm-up and reapply throughout the meet — protect that skin!
- ✓ **Towel:** Bring a few — Coach Porter recommends one towel per race. Stay dry, stay warm, stay awesome!
- ✓ **Flip-Flops/Sandals:** Easy on, easy off—so you're always ready to go!
- ✓ **Warm-Up Jacket/Sweet Pants:** Stay warm and loose before your race — especially as the weather starts to cool down. Pro tip: Hoodies make you look extra cool and keep you warm!
- ✓ **Winter Meets:** Socks, boots, rain gear, and parkas — it's important to stay dry and warm.

Race-Ready Gear:

- ✓ **Goggles:** Double-check that they are in good condition. Bring a backup pair—goggles love to break or go missing when you need them most!
- ✓ **Swim Cap:** Streamlines your swim and reduces drag in the water. Always good to have a backup—just in case!

Hydration and Nutrition:

- ✓ **Water Bottle:** Stay hydrated like a pro! Pack extra water and electrolytes — dehydration is no friend to a Gator.
- ✓ **Healthy Snacks:** Fuel up with energy-boosting snacks like fruit, nuts, and protein bars.

Additional Tips:

- ✓ **Arrival:** Arrive 15–20 minutes before warm-up to get settled near our team area.
For larger meets, you may want to allow extra time.
- ✓ **Extra Clothes:** Pack a change of clothes for after the meet. Dry and warm is the goal!
- ✓ **Meet Program:** If one is sent out ahead of time, print it and bring it with you. If not, grab one at the meet—knowing your events is essential for a smooth day.
- ✓ **Cash:** Bring some cash to buy a meet program — this varies depending on the host.

Note: Make sure to pack everything the night before so you are all set and not stressed for meet day!