

Greater Pensacola Aquatic Club

Checklist for Swim Meets

- Σ Team Suit - Always pack a spare suit (they do fall apart sometimes!). For championship meets, remember to pack your performance suit and warm-up suits.
- Σ Team Swim Cap - Pack two, they tear easily!
- Σ Team T-Shirt - To ward off the chill and look like a team.
- Σ 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.
- Σ Deck Sandals or Tennis Shoes - There's plenty of ways to pick up infection and get injured around the pool. It is a good idea to wear footwear on EVERY pool deck - inside or outside!
- Σ Gloves/Socks - meets during cold weather require you to keep your hands & feet warm for better performances.
- Σ Something Warm to Wear - Team parka or warm up suit, or sweats and Team fleece jacket; if it's not a article of team apparel at LEAST make sure it has team colors! Maintaining a good body temperature is important for good performances!
- Σ Towels - Pack at least two (big ones). Everything around the pool gets wet!
- Σ Ear Drops – (for those prone to ear infections) usually, a vinegar/alcohol solution in a glycerin base - you don't want to deal with swimmer's ear. Use after practice and meets.
- Σ 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.).
- Σ Toiletries - Swim shampoo, conditioner, hairbrush, comb, contact solution, deodorant, and other bathroom stuff.
- Σ 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!).
- Σ 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.
- Σ 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!
- Σ Extra Plastic Bags - For keeping things dry (various sizes)
- Σ 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.
- Σ Snacks - make sure you have a good mix of fresh fruit and snacks full of carbohydrates
- Σ Liquids – Water or electrolyte replacement fluid- your choice of brand but stay hydrated if your get dehydrated you will not do your best. Also do not drink only one type of liquid, drinking only electrolyte replacement drinks is not good for you.