THE PACKED PARENT

Early Morning Swim Practice: Night-Before Checklist

01 Night-Before Checklist

Schedule

- ☐ Practice time
- ☐ Required arrival time
- ☐ Any location change

Dry clothing

- ☐ Clothes for after practice
- ☐ Warm layer or parka
- ☐ Outdoor winter wear if needed

Parent supplies

- ☐ Keys, phone and wallet
- ☐ Travel mug ready to fill

Gear

- ☐ Suit
- ☐ Goggles
- ☐ Towel
- ☐ Cap
- ☐ Spare goggles

Food

- ☐ Breakfast and snacks planned
- ☐ Perishables stay in the fridge

Water

- ☐ Filled bottle in the fridge or by the door

Transport

- ☐ Driver confirmed
- ☐ Departure time set
- ☐ Vehicle ready

02 Plan Your Morning (work backward)

Coach's required arrival time _____ Drive time _____

Leave the house at _____ Wake up at _____

Bedtime the night before _____

03 Who Does What

Task	Who	When
Drive or carpool		
Pack and check swim bag		
Prepare food and water		
Wake and help other children		
Unpack and hang wet gear		

04 After-Practice Reset

- ☐ Unpack the bag
- ☐ Hang suit, cap and towel to dry
- ☐ Rinse goggles and air-dry
- ☐ Wash bottle and mug
- ☐ Restock and return bag to its spot