THE PACKED PARENT

SWIM MEET
PACKING CHECKLIST

Pack for the session. Keep wet gear away from the dry stuff.

Meet / swimmer: _____ **Date:** _____

Arrival: _____ **Warm-up:** _____ **Session:** _____

01 SWIMMER BAG

- ☐ Club-required swimsuit and cap
- ☐ Goggles + spare pair
- ☐ Two or more towels
- ☐ Pool sandals / deck shoes
- ☐ Dry, warm clothes / club apparel
- ☐ Labelled plastic or metal water bottle
- ☐ Any other club-requested items
- ☐ Mesh bag for swimmer gear
- ☐ Leak-resistant wet bag / plastic bag

02 PARENT / DRY BAG

- ☐ Light, removable layers
- ☐ Seat cushion / folded blanket
- ☐ Charged phone + power bank + cable
- ☐ Schedule, event numbers + venue address
- ☐ Pen / highlighter, tissues + earplugs
- ☐ Book / downloaded show (optional)
- ☐ Quiet sibling activities (optional)

03 FOOD + DRINKS

- ☐ Water bottles for everyone
- ☐ Easy snacks that follow allergy rules
- ☐ Cooler / insulated bag, if permitted
- ☐ Ice packs for perishable food

04 CHECK BEFORE YOU PACK

- ☐ Read the meet package + club notes
- ☐ Confirm arrival, warm-up + session times
- ☐ Check spectator access + seating
- ☐ Confirm chairs, coolers + food are allowed
- ☐ Review team allergy policies
- ☐ Check parking / admission fees
- ☐ Find out how heat sheets are shared

05 THE NIGHT BEFORE

- ☐ Charge phone and power bank
- ☐ Prepare snacks + freeze ice packs
- ☐ Label goggles, caps, towels + bottles
- ☐ Double-check suit, cap + goggles

06 BEFORE YOU LEAVE THE POOL

- ☐ Goggles + caps
- ☐ Towels + bottles
- ☐ Phone + charging gear
- ☐ Clothes + sandals
- ☐ Wet items bagged
- ☐ Check your seating area

Our extras: _____

Venue and club rules take priority. Keep aisles, stairs and walkways clear.
Keep electronics dry. At home, unpack wet items and hang suits and towels to dry.