THE PACKED PARENT

Swim Meet Snack Packing Checklist

Meet date _____ Session time _____

Longest gap between events _____

- ☐ Team or venue food rules checked
- ☐ Allergy needs confirmed

Pack

- ☐ Water bottle, filled
- ☐ Two or three familiar small snacks
- ☐ One more substantial option for a longer break
- ☐ Ice packs or a freezable bag for perishables
- ☐ Bento box or small containers your swimmer can open
- ☐ Utensils and napkins, if needed
- ☐ Small bag for garbage and wrappers

My Snack Plan

Break	What to eat	Packed
		☐
		☐
		☐

Eat only in permitted areas. No snack is allergy-safe for everyone, so check labels and confirm individual needs.