THE PACKED PARENT

Swim Parent Bag Checklist

For the parent's spectator bag, not the swimmer's gear bag.

Basics

- [ ] Heat sheet or meet app
- [ ] Pen and highlighter
- [ ] Charged phone
- [ ] Water bottle
- [ ] A layer you can take off (pool decks get hot)

Optional Extras

- [ ] Power bank, or cable and wall plug
- [ ] Seat pad
- [ ] Paper card or skin-safe marker for older swimmers
- [ ] Hand warmers for cold travel or outdoor meets

Choose for Your Biggest Annoyance

Problem	Try
I never know when they swim	Highlighter or paper card
My phone dies by finals	Power bank, or cable and plug
The bleachers are brutal	Folding seat pad
We're outside or driving at dawn in winter	Hand warmers

Check your house first: stationery, chargers and a small cushion may already be there.