

THE ULTIMATE SWIM MEET

PACKING LIST



FOR THE SWIMMER

- TWO SWIMSUITS:** If one rips, you'll be glad for a dry backup. 
- TWO PAIRS OF GOGGLES:** Straps have a "sixth sense" for snapping! 
- TWO TOWELS:** One for sitting, one for drying. 
- THE TEAM CAP:** Keep hair out of eyes and show pride. 
- FLIP-FLOPS OR SLIDES:** Stay safe and clean on deck. 
- WARM-UP PARKA OR SWEATSHIRT:** Swimmers get chills, even in 90F heat. 
- THE 'SHARPIE':** Essential for Event/Heat/Lane numbers. 
- THE 'BOREDOM BUSTER':** Books, cards, or games for long breaks.



FOR THE PARENTS

- FOLDING CHAIRS (AWAY MEETS ONLY):** Green-Fields has chairs; bring your own for away! 
- A SMALL COOLER:** Pack water, Gatorade, and light snacks. 
- CASH/CARD FOR SNACK STAND:** Open at home meets! 
- SUNSCREEN AND A HAT:** Outdoor meets mean July mornings in Jersey. 
- PORTABLE POWER BANK:** Don't drain your phone chasing Olympic dreams! 
- HANDHELD FAN:** A lifesaver for humid, windless mornings. 



PRO-TIP: THE 'LAST NAME' RULE. LABEL EVERYTHING! Identical gear wanders off in a sea of 300 kids.



GO GREEN-FIELDS!

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