MEET ESSENTIALS
These items are needed at every meet. Equipment breaks, so be prepared by packing back-ups for all items.
☐ HRA Logoed Backpack
☐ Racing Suit and Back-up Suit
☐ HRA Logoed Black, Blue and Red Caps
☐ HRA Logoed Black, Blue and Red T-shirts
☐ Two Pairs of Goggles
☐ Two to Four Towels
☐ HRA Logoed Warm-up Suit
  Jacket and pants
☐ HRA Logoed Parka
  Optional but good for warmth.
☐ Money
  Cash for the meet programs and/or concessions.
☐ Sharpie Marker and Highlighter
  For highlighting and writing down events.
☐ Water bottles
  Water and energy drinks.
☐ Snacks
  Don’t eat things before you race that you haven’t eaten before training/racing in the past. Good options include: raisins, trail mix, crackers w/peanut butter, goldfish, grapes, small chunks of fruit or veggies; favorite dry cereals in Ziploc bags; protein bars; etc. Don’t count on the concession stand to have many race-friendly food options!

COMFORT
These are optional items that may make your day more enjoyable.
☐ Dry Change of Clothes
  Pack a full change of clothes for after the race. Don’t forget outerwear for those cold winter days!
☐ Prescription Medications
  Inhalers, etc.
☐ Deck Shoes/Sandals
☐ Entertainment Items
  For all the time between events, bring: games, playing cards, iPod/iPad, Gameboys, homework, reading materials, etc.
☐ Blankets and/or Sleeping Bags
  Dependent on the venue of the meet.
☐ Folding and/or Bleacher Chairs
  Dependent on the venue of the meet.
☐ Tent
  For outdoor meets.
☐ Sunscreen and/or Bug Spray
  For outdoor meets.
☐ Stretch Rope and/or Massage Stick
☐ Toiletries
  Post-race necessities such as shampoo, conditioner, lotion, etc.
☐ Cooler
  Some venues do not allow for coolers and some have concessions. Be sure to pack all needed food for the swimmer as to not be reliant on the concession stand.

SPECTATORS
☐ Deck Shoes/Sandals
  For your timing assignment.
☐ Folding/Bleacher Chairs
  Dependent on venue.
☐ Snacks
  Don’t forget to pack food for siblings and family - it can be a long day!
☐ Tent
  For outdoor meets.
☐ Sunscreen/Bug Spray
  For outdoor meets.
☐ Cooler
  Some venues don’t allow coolers and some don’t have concessions.
☐ Entertainment Items
  For all the time between events, bring: laptop, iPod/iPad, newspaper, reading, work etc.)
☐ Workout Gear
  Get some exercise between events.