



HRA SWIM MEET PACKING LIST

Make the most of your meet. Eliminate stress by packing the night before. Here's a list of handy items for racing, comfort and spectating. Be sure to label everything with your swimmer's name as all these items look the same on meet day!

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
Black=Fri. | Blue=Sat. | Red=Sun.
- HRA Logoed Black, Blue and Red T-shirts
Black=Fri. | Blue=Sat. | Red=Sun.
- 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.
- Waterbottles
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 out door 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

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