**Huntsville Lakers Swim Meet ESSENTIALS**

These items are needed at every meet. Equipment can break or get lost- be prepared by packing extras items.

☐ Swim Bag or Backpack

☐ Team Swim Suit and Back-up Suit

☐ Lakers Swim Cap and an extra

☐ Laker’s T-shirt

☐ Two Pairs of Goggles

☐ Two to Four Towels

☐ Change of clothes

☐ Toiletries

☐ Parka if the weather is cool/cold

☐ Money for the meet programs and/or concessions

☐ Sharpie Marker and Highlighter for highlighting and writing down events

☐ Water and/or hydration drinks

☐ Snacks/Breakfast/Lunch

Don’t eat things before you race that you haven’t eaten before training/racing in the past. Good choices: 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! Don’t forget to pack food for siblings and family - it can be a long day!

☐ Deck Shoes/Sandals

☐ Folding Chairs

☐ Blanket to sit/lay on or a Tarp if it has been raining

☐ Shade Tent- not required but helpful if there is limited shade or trees

☐ Sunscreen/Bug Spray

☐ Cooler

☐ Entertainment Items-cards, books, puzzles, Beyblades, etc