

## What to Bring:

1. Team swimsuit, cap, goggles (an extra pair is always good), team shirt, towel, and sunscreen. Make sure all items are well labeled with your swimmer's name.
2. Plenty of healthy snacks and drinks to keep your swimmer hydrated and energized.
3. Games for your swimmer in between events (iPad, travel games, books, cards, etc.).
4. Folding lawn chairs to sit on. Blankets are great for swimmers to sit on the lawn.
5. Heat sheets printed from home and a black Sharpie marker for body markings (highly recommend that you mark your swimmer the night before/prior to arrival at meet). You can use Meet Mobile app.
6. Bring cash and small bills – all meets have concessions where they sell food such as breakfast tacos, donuts, coffee, drinks, and snacks.
7. Happy smiles as meets could get hectic and stressful.

**Reminder: NO GLASS ALLOWED at meets due to safety issues. Thanks!**



**GO SEA RANGERS!!!**