

SWIM MEET CHECKLIST



IN MY SWIM BAG

- ✓ EAC swim cap
- ✓ Extra swim cap
- ✓ Race goggles
- ✓ Back-up goggles
- ✓ Towels
- ✓ Extra swimsuit
- ✓ Warm clothes (sweatpants & sweatshirt)
- ✓ Clothes to change into after racing for the day
- ✓ Water bottle or sports drink
- ✓ Lunch box/snack bag
- ✓ Heat sheet or list of events

ON MY BODY

- ✓ EAC Colored Gear
- ✓ Parka, if you have one
- ✓ Sweatpants or shorts
- ✓ Shoes to wear on deck
- ✓ Swimsuit
- ✓ Arm Heat Sheet - OPTIONAL

IN MY SNACK BAG

- ✓ Healthy snacks that will help you recover and prepare for next race: Fruit, PB&J or other sandwich, nuts or pretzels, string cheese, granola or protein bar, goldfish, apple sauce pack.