



Grinnell Tiger Sharks

Suggested packing List for Swim Meets

- Swim suit
- Goggles (an extra pair is a good idea)
- Swim cap (an extra swim cap is a good idea)
- 2 towels
- Robe/sweats to wear between events (to keep warm)
- Blanket or sleeping bag to sit on (it will get wet, most likely)
- Activities to do between events (books, paper and pencils/crayons, travel games, deck of cards, small toys, etc. – do not bring anything of value that may be lost or stolen)
- Nutritious snacks (fruit, snack mix, granola bars, cheese, carrots, etc.)
- Water bottle and/or sports drink
- Clothes to change into after the meet
- Toiletries (shampoo, soap, comb/brush)
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