

# Pickleball Tourney: Day of Checklist



## Equipment and Gear

- Paddles (at least two)
- Balls (for warm-up)
- Grip Tape & Lead Weight
- Backpack or Bag
- Warm-up Tools (resistance bands, foam roller)
- Umbrella or Rain Gear
- Portable Fan or Cooling Towel

## Clothing and Accessories

- Extra Shirts
- Extra Shorts/Skirts
- Extra Pairs of Socks
- Underwear
- Sweatbands/Wristbands/Headbands
- Hat/Visor
- Sunglasses
- Protective Eyewear
- Knee/Elbow Braces or Supports

## Food & Hydration

- Water Bottle
- Electrolyte Drinks/Powders
- Pickle Juice or other Hydration Sources
- Snacks (energy bars, fruits, nuts, sandwiches)
- Lunch

## Miscellaneous

- Cash and ID
- Folding Chair or Seat Cushion
- Phone Charger/Power Bank
- Tournament Paperwork
- Camera or Smartphone
- Notebook and Pen
- Strategy Notes
- Earplugs or Headphones

## Health & Comfort

- Sunscreen
- Lip Balm with SPF
- First Aid Kit (bandaids, wrap)
- Towels
- Hand Sanitizer & Wipes
- Insect Repellent
- Personal Hygiene Items
- Contact Lenses and Eyewear