



## SUMMER TOURNAMENT ESSENTIALS CHECKLIST

### Equipment:

- Equipment (pads, helmet, skates or shoes, and gloves)
- stick or bat and back-ups
- Make sure skates are sharpened,
- Mouth guards, socks, wax, and water bottles
- Towel or rag to dry off skates

### Clothing & Hotel Essentials:

- Uniform, clothes, socks, and undergarments
- umbrellas, lawn chairs, cushions to sit on
- Coats, sweaters, and blankets for chilly arenas
- Toothbrushes, deodorant, shampoo, and soap
- Swimsuits, towels, and flip flops, & SUNSCREEN, bugspray
- First-aid kit, medication, painkillers, and bug bite cream

### Electronics & Free Time:

- Phones, cameras, laptops, GPS
- Charging cords, cables, and plugs
- Video games, board games, books, magazines
- Contact information for the coach and other parents

### Food & Drink:

- Cooler with water, fruit, Gatorade, and other drinks
- Easy snacks like trail mix or granola bars
- Cash for any last-minute purchases
- Wish your future pro player good luck!