

Wrestling Gear Checklist

Guys

- ☐ headgear
- ☐ singlet
- ☐ Wrestling shoes
- ☐ Mouthpiece
- ☐ Warm ups - top and bottom
- ☐ Jump rope
- ☐ Shot pad
- ☐ Soap - Defense, Nizoral, Dial
- ☐ Skin rash cream - Tinactin, Lamisil, Miconazole
- ☐ Deodorant
- ☐ fingernail clippers
- ☐ food
- ☐ liquids
- ☐ dirty clothes bag
- ☐ cash
- ☐ wallet
- ☐ phone
- ☐ directions to the school
- ☐ toothbrush and toothpaste
- ☐ brace/Ace Bandage/knee pads
- ☐ All clothes
 - ☐ Underwear
 - ☐ Socks
 - ☐ Shirts
 - ☐ Hoodies
 - ☐ Pants
- ☐ phone chargers
- ☐ Towel
- ☐ Blanket

If applicable:

- ☐ Inhaler
- ☐ Insulin
- ☐ Any other medicine prescribed by your doctor