



## Tournament Day Checklist

Everything you need to pack for tournament day

### GEAR

- 2 paddles (backup essential)
- 4–6 outdoor balls (40-hole)
- Fresh overgrips (2–3)
- Extra grip tape

### APPAREL

- Court shoes (non-marking)
- 2 shirts (moisture-wicking)
- Shorts / skirt / leggings
- Extra socks (2 pairs)
- Change of clothes
- Hat / visor
- Sunglasses (sport-specific)
- Sweatband / headband

### HYDRATION & NUTRITION

- Water bottle (32+ oz)
- Electrolyte drink / packets
- Snacks (bars, bananas, nuts)
- Lunch (light & easily digestible)

### COMFORT & PROTECTION

- Sunscreen (SPF 30+)
- Lip balm (with SPF)
- Towel
- Outdoor chair
- Umbrella / shade

### DOCUMENTS & EXTRAS

- Tournament confirmation
- Photo ID
- USA Pickleball membership card
- Cash
- First aid kit
- Sports tape
- Phone charger / power bank
- Extra shoelaces
- Notebook (scouting)

### Pro Tips

- Pack everything the night before
- Check in immediately
- Stay hydrated (sip water every 15–20 min)
- Arrive 45+ minutes early
- Warm up 7–10 min (dynamic stretches)
- Have fun – every player started here!

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