

Essential Items to Pack for a Wrestling Tournament

- **Wrestling Gear:** Wrestling shoes, head gear, uniform if your wrestler has braces you may need a mouth guard. Beginners may start out competing in sneakers, t-shirt & shorts you will want to eventually get your wrestler wrestling shoes & a singlet. Most competitions now require head gear for wrestlers under 18.
- **Gym Shoes or sneakers** - NEVER wear your wrestling shoes outside.
- **Warm ups.** Your wrestler will need to keep warm in between matches.
- **Water & Snacks** – typically events will have concessions available, but not always healthy options. Make sure your wrestler has a water bottle and snacks.
- **Music** – many wrestlers like to listen to music to get “into the zone” prior to a match. An iPod or mp3 device with headphones. Make sure your wrestler does not leave these sitting on the bleachers. Electronics have a tendency of walking off.
- **Activities:** Book to read, cards, Gameboy or other activities for the wrestler as well as the spectators between matches. Often times there may be an hour between matches.
- **Money:** for concessions, t-shirts at the event
- **Bleacher Chair or Cushion:** Spectators may want to bring a bleacher chair in order to be more comfortable during the matches. Events can go from a few hours to 8 hours, or event multiple days.
- **Blankets & Toys:** If you have other children with you, you may want to bring blankets and activities to keep them occupied.
- **Brackets/Paper/Pencil:** Depending on the event you may want to check to see if brackets are available, if not you will want paper and pencil to keep track of when your wrestler will compete.