

Hoop Strong Travel Ball Packing List

Miscellaneous

- ☐ Airport Style Pillow
- ☐ Noise-Cancelling Headphones
- ☐ Sleep Mask
- ☐ Blue Light Blocking Glasses
- ☐ Air Purifier/White-Noise Machine
- ☐ Shaker Bottle
- ☐ Foam Roller
- ☐ LaCrosse Ball or Baseball
- ☐ Resistance Band
- ☐ Small Rubber Ball for Resets
- ☐ Roll of Black Electrical Tape
- ☐ Clothes Pins for Curtains in Hotel
- ☐ 2 Books and/or Magazines

Food/Supplements

- ☐ Cashews
- ☐ Macadamia Nuts
- ☐ Whey Protein
- ☐ Electrolyte Supplements
- ☐ Sea Salt/Himalayan Salt
- ☐ Sardines (if you're really about that life!)
- ☐ Epic Bars
- ☐ Bulletproof Bars
- ☐ Primal Kitchen Bars
- ☐ Unflavored Gelatin or Collagen
- ☐ Creatine Monohydrate
- ☐ Keto Max
- ☐ Melatonin

Gear/Apparel

- ☐ Compression Pants
- ☐ Compression Shirt/Sleeves
- ☐ Compression Shorts
- ☐ Comfortable Hoop Short for each day of trip
- ☐ T-Shirt for each Day of trip
- ☐ Slides
- ☐ Casual Socks for each day of trip
- ☐ Hoop Socks for each day of trip +2 extra
- ☐ 1-2 Pair Hoop Shoes
- ☐ 1 Pair Casual Shoes
- ☐ All Team Jerseys, Shorts, Warm-Ups, Etc

Things to purchase upon arrival:
Mineral/Electrolyte Water - Essentia