



# WHS WRESTLING PACKING LIST

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## Practice Items:

- ☐ Shirt (Snug fit and covers mid-drift, no hoodies during practice)
- ☐ Shorts (Long enough to cover where your singlet covers)
- ☐ Compression shorts
- ☐ Leggings
- ☐ Pants
- ☐ Wrestling Shoes
- ☐ Headgear
- ☐ Water Bottle
- ☐ Hair ties, or braided and out of your face

## Tournament Items:

- ☐ Spirit Pack Weber gear
- ☐ Singlet
- ☐ Headgear
- ☐ Mouthpiece (Mandatory if you have braces)
- ☐ Knee pads
- ☐ Wrestling Shoes
- ☐ Hoodie/Sweats to warm up
- ☐ Water Bottle
- ☐ Meal for after weigh-ins
- ☐ Snacks - pre-weigh in: low sodium, higher fat to satiate, watch for seed oils (inflammatory), and NO CANDY or chips (just asking to perform poorly)
  - Good options: nuts, fruit- fresh is better than dried, granola bars, jerky/chicken (low sodium), yogurt
- ☐ Cell phone/earbuds
- ☐ Female Needs; Pads, Tampons, and/or "Period Panties." If on competing on your cycle, it is highly suggested to wear compression shorts to keep it in place.
- ☐ Toiletries
- ☐ Hair ties, or braided and out of your face