

SUGGESTED PACKING LIST

- ❖ Clothes (A clean shirt is suggested for each wrestling clinic)
 - 3+ Shorts or Spandex leggings
 - 6+ tee shirts\compression shirts (No Tank Tops)
 - 6+ pairs of Socks
 - 4-6 pair of spandex underwear\sports bras
 - Wrestling shoes & Running Shoes
 - Swimsuit (There is an indoor pool at hotel)
 - PJ's (for girls 12+ older) spending the night NO IMMODEST PJ'S PLEASE!
 - Sports tape & wrap
 - Singlet or shorts\compression shirt, headgear, etc

- ❖ Personal Hygiene Items
 - Shampoo\Conditioner (Hotel provides small ones)
 - Tooth brush\tooth paste
 - Hair brush
 - Feminine hygiene products
 - Deodorant
 - Lots of Hair Bands
 - Plastic Bag for dirty clothes
 - Advil, etc

*Highly recommend bringing a journal\pen to write down your experiences, etc.