

## Lacrosse Tournament Check list

### Gear – Can't play without it!!

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- Pinny AND Jersey
- Cleats
- Stick
- Helmet
- Pads (should/chest, elbow)
- Mouth guard
- Cup
- Gloves
- Mouth guard (and an extra?)
- Water bottle
- Flip flops between games)
- Gear bag or bin
- Extra shoe laces, mesh, etc

### Clothes

Socks, and extra socks  
Extra T shirts  
Shorts or pants  
Undies  
Hoodie or sweatshirt  
Swim suit, & Towel  
Toiletries – toothbrush, tooth paste, hair brush  
soap, etc

### Important stuff

SWAG! Don't forget your colors!  
Directions to the hotel  
Directions to fields  
Game schedule  
Lawn chair – there's no seating near the fields  
Extra lawn chair (when player takes yours)  
Beverage holder, water bottle, etc  
Sunscreen  
Allergy meds, epi pen, etc

**Caravan buddy** – do you have your caravan buddy???

### Random stuff

Cell phone  
Tablet  
Chargers for electronic gear  
Entertainment for the ride down and back  
Snacks for the road, and drinks

Camera and extra batteries  
Sunglasses  
Hat (sun or rain)  
Swim Goggles  
My pillow! I sleep best with my own pillow  
Grocery/garbage bags for the stinky gear  
Box baking soda (freezer box) to go in the bag with the stinky gear

**Tennis ball(s) – NO LACROSSE BALLS IN THE HOTEL COURTYARD!**

### *Other items to think about:*

#### **It's Going to be HOT!**

- Cooler towel for pre-game and post
- Extra Tent or extra shade – a place to park and eat between games
- Lots of water
- Sunscreen!!

#### **It's going to be COLD and Rainy!**

- Extra layers, warm socks, extra hoodie, extra t-shirt, etc to keep dry between games
- Gloves
- Rain gear
- Extra towels for player, and transport
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#### **What's missing? What did I forget?**

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