

What to Pack for a Wrestling Tournament

- USA Wrestling athlete card. Make sure coach has coaches card and certification card (if required).*
- Singlet**
- Headgear^*
- Mouth guard^*
- Wrestling shoes - left and right!*
- Running shoes or other shoes to wear outside*
- Socks*
- Kneepad (if necessary)*
- Change of clothes*
- Warm-ups*
- Towel and toiletries for shower*
- Music to get pumped up*
- Healthy snacks for after weigh-ins*
- Cooler of healthy food for competition day, if allowed in venue. If not, leave in car.*
- Pillow and blanket for travel*



** Folkstyle singlet - high-cut, any color. Two-piece uniforms are permissible for folkstyle only. Freestyle/Greco singlet - high-cut, one red and one blue or one reversible. Girls must wear women's cut singlet.*

^ Check USAW rules for age division requirements.