

## Indoor Volleyball Tournament Checklist:

- Shoes
- Uniform
- Knee pads
- Ankle braces
- Clothing layers
- Change of clothes
  - Athletic clothes
  - Going out clothes
- Sweat towel
- Hand and face wipes
- Extra hair elastics and head bands
- Contact lens solution
- Shower toiletries
- Lip chap
- Whistle
- A volleyball
- Nutritious food and hydration
- Water bottle

### Remember to:

- ✓ Pack your bag the night before
- ✓ Leave valuables, like jewelry and too much cash, at home