

Packing List for State

Required

- ☐ Drivers's Lic or Student ID for Flight
- ☐ Wear/Pack Team Apparel as instructed by Coaches and Team Captains
- ☐ Wrestling Bag/Backpack (or any Duffle Bag if you do not have team bag/backpack)
- ☐ Varsity Warm-ups / Fight Shorts Optional
- ☐ Singlet (current year)
- ☐ Head Gear
- ☐ Wrestling Shoes
- ☐ Shoes for Traveling
- ☐ 3 pairs of socks
- ☐ 3 pairs of Underwear or compression shorts for wrestling each day
- ☐ Soap, deodorant, toothbrush & toothpaste, other personal hygiene
- ☐ \$ money for souvenirs and/or tattoos, you will receive per diem for food
- ☐ Reusable water bottle

Optional - (Highly recommended)

- ☐ Homework, Books/magazines to read, music/headphones, other entertainment.
- ☐ Power cables for re-charging electronic devices

DO NOT Pack

- Do not pack non-team apparel or clothing . We travel as a team and look like a team. . Wrestlers are expected to remain dressed in Douglas Apparel throughout matches, tournaments and travel.
- Do not pack anything illegal, forbidden, contraband, or inappropriate (no alcohol, tobacco, illegal drugs, vaping products/paraphernalia, or any other controlled substance, etc).

Store Run (We will make a stop on Thursday after the flight)

- ☐ Medium sized cooler Styrofoam or colapsable
- ☐ Food (protein shakes, protein bars, bread, peanut butter, honey, jam/jelly, fruit, jerky, granola bars, healthy snacks)
- ☐ Drinks, waters