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## Brazilian Jiu-Jitsu Tournament Checklist

This check list is designed to help you bring the things you need to your BJJ Tournament. You will not need everything on this list, so check the first box of the things you want to bring, and then check the second box after you have packed the item. Before you head out the door make sure each item either has no checked boxes or both boxes are checked off.

**Nutrition**

O O Water
O O Sports Drink
O O Complex Carbs
O O Simple Carbs
O O Protein
O O Supplements
O O Meal
O O Cooler with ice
O O Other _____

**Equipment**

O O Gi
O O Belt
O O Shorts
O O Rash Guard
O O Shirt
O O Jock Strap and Cup
O O Mouth Guard
O O Backup Gi
O O Backup Shorts
O O Headgear
O O Wrestling shoes
O O Sports Bra
O O Hair Band
O O Bike Shorts
O O Other _____

**Comfort**

O O Pillow
O O Blanket
O O Hoodie
O O Book/Mag
O O Flip Flops
O O Music
O O Towel
O O Folding chair
O O Other _____

**Medical**

O O Athletic Tape
O O Ibuprofen
O O Bandaids/4x4 Gauze
O O Glasses/ contacts
O O Antiseptic gel
O O Hand Sanitizer
O O Prescription med_____
O O Ice Pack
O O Other_____

**Cutting Weight**

O O Meals
O O Sweats
O O Hydration Fluids
O O Weigh-in shorts
O O Other _____

**Other**

O O Camera
O O Tripod
O O Cell phone
O O Team Clothing
O O Cash
O O Credit Card
O O Wallet
O O Rule Book
O O Other _____
O O Other _____
O O Other _____
O O Other _____
O O Other _____
O O Other _____