



Travel List for Packing in Competition Season: Boys

Uniform

- ☐ Jacket
- ☐ Pants
- ☐ Tank
- ☐ Whites
- ☐ Shorts
- ☐ White socks
- ☐ South Coast T-Shirt

Grips

- ☐ Ring grips (2 finger holes)
- ☐ High bar grips (3 finger holes)
- ☐ Wristbands
- ☐ Rubber bands

Medicine

- ☐ Ibuprofen/pain reliever that you prefer
- ☐ Icy hot

Other

- ☐ Athletic tape
- ☐ Hair gel
- ☐ Arm pads
- ☐ Gym bag
- ☐ Sports bars/healthy snack