

POWERLIFTING PACKING LIST

PREPARING FOR THE MEET

Nervous about your upcoming meet? Don't be! Meet day should be a fun experience where you get to showcase all of the hard work that you've put in. Between getting everything together, traveling, cutting weight (if you are), and visualizing the big day, packing up can feel overwhelming. We know you've got the weights, now let's make sure you've got all your stuff.

Remember to always check with your federation's rulebook and meet director to see what is permitted and get extra details on the logistics of your meet day and weigh ins.

ONE WEEK OUT

- Read your federation's rulebook
- Write down your openers
- Purchase or double check your federation membership card - *if it expires before meet day, be sure to renew it before you go to weigh ins!*
- Practice openers and commands
- Arrange hotel/lodging accommodations (*if traveling for the meet*)

OPENERS

SQUAT	BENCH	DEADLIFT

NOTES

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MEET DAY PACKING LIST

administrative items

- Current membership card
- Openers (*in kilos if competing in kilo based federation! and other attempt options*)
- Photo ID

equipment

- Singlet
- Regulation shirt for under singlet
- Knee sleeves
- Belt
- Wrist wraps
- Shoes (*if using different shoes for different events, make sure to bring them all to gear check!*)
- Elbow sleeves
- Knee high socks for deadlift
- Socks
- Squat and bench press rack heights (*done at weigh-ins with most federations*)
** Always consult your federation's rulebook for information on what is and is not allowed for equipment and accessories. When in doubt, ask your meet director!*

food & drinks

- Any hydration/fluids you want
- Several snacks for yourself, your handlers, and anyone coming with you
- Gallon of water (*no worrying about refilling your bottle 82 times!*)
- Bottle to mix liquids or to keep for water
The golden rule: nothing new on meet day! Make sure you pack items that you've tried before and that sit well with you!

miscellaneous extras

- Any cash you'd like to have on hand
- Cell phone charger
- Foam roller
- Bands for warm up
- Sweatshirt & sweatpants
- Post meet outfit

- Chalk
- Baby powder
- Ammonia (*if using - meet day is not the day to try this!*)
- Playlist
- Headphones
- Phone charger