# TOURNAMENT PACKING CHECKLIST

## THE COOLER (NON-NEGOTIABLE)

**Protein (keep energy stable):**

- ☐ Protein shakes (pre-made or powder + shaker)
- ☐ String cheese
- ☐ Turkey roll-ups
- ☐ Hard boiled eggs

**Quick carbs (fuel between games):**

- ☐ Bananas
- ☐ Grapes or apples
- ☐ Applesauce pouches
- ☐ Granola/protein bars
- ☐ Pretzels or crackers

**Add-ons (make it feel like real food):**

- ☐ Hummus or guac cups
- ☐ Trail mix
- ☐ Cut veggies

**Hydration:**

- ☐ Water bottles (more than you think)
- ☐ Electrolytes (packets or drinks)

## FIELD BAG (GRAB + GO)

- ☐ Easy snacks (bars, fruit, pretzels)
- ☐ Protein option (shake or jerky)
- ☐ Electrolytes
- ☐ Napkins / wipes
- ☐ Ziploc bags
- ☐ Trash bag (trust me)

## HOTEL / TRAVEL MUST-HAVES

- ☐ Shaker bottle + protein powder
- ☐ Grocery bag/tote
- ☐ Paper towels / wipes
- ☐ Plastic utensils

## QUICK GROCERY STOP LIST

**(Do this right after check-in)**

- ☐ Yogurt
- ☐ Bagels or bread
- ☐ Deli meat / rotisserie chicken
- ☐ Fruit
- ☐ Drinks + snacks