SIDELINE SELECTS//

TOURNAMENT PACKING CHECKLIST

Real gear. Real play. Happier sidelines.

Check what you need for this tournament - not everything needs a ride in the wagon.

PLAYER ESSENTIALS

- [ ] Uniform + alternate jersey (if needed)
- [ ] Cleats / turf shoes
- [ ] Shin guards or lacrosse goggles
- [ ] Lacrosse stick + mouthguard (if applicable)
- [ ] Game socks + extra dry pair
- [ ] Filled player water bottle
- [ ] Hair ties / headband / accessories
- [ ] Required braces, supports or insoles
- [ ] Player gear backpack

SIDELINE SETUP

- [ ] Folding chairs + wagon
- [ ] Cooler, ice, water + snacks
- [ ] Team canopy (if responsible)
- [ ] Sunscreen + bug spray
- [ ] Hats / sunglasses
- [ ] Trash bags
- [ ] Phone charger / power bank
- [ ] Schedule, field map + parking details

WEATHER EXTRAS

- [ ] Rain jackets / waterproof shoes
- [ ] Umbrella
- [ ] Complete dry change of clothes + shoes
- [ ] Cold-weather base layers
- [ ] Gloves / hat / ear protection
- [ ] Swim parka or warm outer layer
- [ ] Blankets / hand warmers
- [ ] Cooling towels + extra water

TEAM PARENT KIT

- [ ] Stocked team supply tote
- [ ] Paper towels / napkins / plates
- [ ] Hand sanitizer + disinfecting wipes
- [ ] Basic first-aid supplies
- [ ] Emergency snacks
- [ ] Snack assignments / signup
- [ ] Lacrosse stick basket (if needed)
- [ ] Small speaker + team playlist

FINAL FIVE-MINUTE CHECK

Cleats | Uniform | Mouthguard | Gear | Water

TOURNAMENT-SPECIFIC ITEMS

OVERNIGHT EXTRAS

- [ ] Hotel details + directions
- [ ] Family clothes + toiletries
- [ ] Extra uniforms + socks
- [ ] Breakfast foods / familiar snacks
- [ ] Boot dryer (if needed)
- [ ] Device chargers
- [ ] Next-day ice / water / snack refill
- [ ] Dry and reset gear before bed