Tournament Weekend Checklist

Tournament Details

- [ ] Tournament schedule and game times
- [ ] Venue address and directions
- [ ] Coach contact info and team updates
- [ ] Hotel confirmation and check-in details
- [ ] Parking, admission fees, and venue policies
- [ ] Plan arrival time for parking and check-in

Player Gear

- [ ] Uniforms
- [ ] Shoes
- [ ] Socks
- [ ] Warm-up gear
- [ ] Sport equipment
- [ ] Water bottle
- [ ] Personal essentials

Food & Wellness

- [ ] Snacks
- [ ] Meals for travel and between games
- [ ] Electrolytes / sports drinks
- [ ] Sunscreen and lip balm
- [ ] Basic first aid items
- [ ] Personal medications

Parent Essentials

- [ ] Chair or seats
- [ ] Weather gear
- [ ] Cash / card
- [ ] Portable phone charger
- [ ] Cooler or bag for snacks and drinks
- [ ] Overnight essentials

For the Car

- [ ] Extra towels
- [ ] Blanket
- [ ] Trash bags
- [ ] Directions saved or offline
- [ ] Car charger

Between Games

- [ ] Refill water and stay hydrated
- [ ] Eat a snack or meal
- [ ] Rest and recover
- [ ] Check the next game time and location
- [ ] Reset gear for the next game
- [ ] Review updates from the coach or team

Notes