Command & Simplify

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Tournament Weekend Checklist

FREE PRINTABLE CHECKLIST

Paperwork & Schedule

- [ ] Tournament schedule
- [ ] Address / venue details
- [ ] Coach contact info
- [ ] Hotel confirmation if needed
- [ ] Parking / admission plan

Player Gear

- [ ] Uniform(s)
- [ ] Shoes
- [ ] Socks
- [ ] Warm-up gear
- [ ] Ball / equipment
- [ ] Water bottle

Health & Recovery

- [ ] Snacks
- [ ] Electrolytes
- [ ] Simple first aid items
- [ ] Pain relief / tape if needed
- [ ] Change of clothes

Parent Gear

- [ ] Chair
- [ ] Weather gear
- [ ] Cash / card
- [ ] Phone charger
- [ ] Cooler or bag

For the Car

- [ ] Extra towels
- [ ] Blanket
- [ ] Trash bag
- [ ] Directions ready
- [ ] Leave early

Between Games

- [ ] Refill water
- [ ] Eat snack
- [ ] Rest in shade / warmth
- [ ] Check next game time
- [ ] Regroup and reset