

LIFTING THE DREAM

We hope you have the best day ever! Remember to rest, hydrate, and have LOTS of fun! Take lots of photos and make some memories!

Competition Checklist:

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|--------------------------|---|
| <input type="checkbox"/> | CrossFit Shoes |
| <input type="checkbox"/> | Lifting Shoes |
| <input type="checkbox"/> | Running Shoes |
| <input type="checkbox"/> | Knee Sleeves |
| <input type="checkbox"/> | Lifting Belt |
| <input type="checkbox"/> | Wrist Wraps |
| <input type="checkbox"/> | Jump Rope |
| <input type="checkbox"/> | Gymnastics Grips |
| <input type="checkbox"/> | Extra Pair of Shorts |
| <input type="checkbox"/> | Extra Socks and Undergarments |
| <input type="checkbox"/> | Extra Supplements |
| <input type="checkbox"/> | 1-2 Extra Shaker Bottles |
| <input type="checkbox"/> | Athletic Tape (2-3 Rolls) |
| <input type="checkbox"/> | Baby Wipes |
| <input type="checkbox"/> | Ibuprofen |
| <input type="checkbox"/> | Towel |
| <input type="checkbox"/> | Portable Cooler |
| <input type="checkbox"/> | Portable Stereo |
| <input type="checkbox"/> | Large Snack Bag (with Snacks!) |
| <input type="checkbox"/> | Folding Chair |
| <input type="checkbox"/> | Pop-up Tent |
| <input type="checkbox"/> | Jug of Water |
| <input type="checkbox"/> | Cash/ID and In Case of Emergency (I.C.E) info |
| <input type="checkbox"/> | Sunscreen |
| <input type="checkbox"/> | Deodorant |

Other Comp Essentials:

- | | |
|--------------------------|------------------------------------|
| <input type="checkbox"/> | Swimsuit/Swim Cap/Goggles |
| <input type="checkbox"/> | Portable Phone Charger |
| <input type="checkbox"/> | Block of Chalk |
| <input type="checkbox"/> | Sour Patch Kids (or another candy) |
| <input type="checkbox"/> | Pepto Bismol |
| <input type="checkbox"/> | Cowbell (to cheer on other teams!) |