

Youth Sports Tournament Packing Checklist

Uniform & Equipment

- ☐ Complete uniforms (home & away)
- ☐ Practice gear
- ☐ Game shoes (clean and packed separately)
- ☐ Sport-specific equipment (ball, pads, gloves, etc.)
- ☐ Team jacket or hoodie

Toiletries & Health

- ☐ Toothbrush & toothpaste
- ☐ Deodorant & shampoo
- ☐ Sunscreen & bug spray
- ☐ Towel & wet wipes
- ☐ Any required medications

Food & Hydration

- ☐ Refillable water bottle (labeled)
- ☐ Healthy snacks (granola bars, fruit, etc.)

Comfort & Travel

- ☐ Comfy clothes & sleepwear
- ☐ Phone charger & headphones
- ☐ Entertainment (book, tablet, games)
- ☐ Laundry bag for dirty clothes

Coach/Parent Reminders

- ☐ Emergency contacts list
- ☐ Team roster & itinerary
- ☐ Hotel confirmation & room assignments