

The Gym Bag and Beyond....

A packing guide for practice, single & multi-day tournaments

Always items to keep in your gym bag for practice as well as tournaments:

- deodorant
- extra hair-ties
- pads/tampons
- chapstick
- pre-wrap & med tape
- container for money or jewelry
- Protein bars
- any item you just can't function without

1-day Tournaments (your coach will advise you on which jersey to wear... but pack both just in case).

Be sure to pack:

- Alternate jersey
- Knee pads
- Extra spandex/shorts
- Extra tournament socks
- Active Ankles (optional)
- Court shoes
- Folding chairs for parents

Depending on the venue, teams "camp" on a floor, in bleachers, or at a lunch table. Be sure to bring something to keep yourself comfortable during off time (you are responsible for anything you bring):

- Small Travel pillow
- Small throw or folding chair for sitting
- Cards, a book, homework, music...
- Warm up and blanket to sit on for off time... sweatpants, warm up jersey's etc.

Bring plenty of food and water. In addition to lunch, you want to bring several healthy snacks:

- Fresh fruit
- Granola bars
- Whole grains
- Yogurt
- Protein- low fat cheese, yogurt, cottage cheese, chicken, peanut butter
- Salad or Cut veggies
- Money for concessions

Overnight Tournaments

In addition to the 1-Day Tournament List, you'll need to pack:

- Sleepwear
- Toothpaste/toothbrush
- Hair stuff (Brush, comb, hairdryer, etc.)
- Cosmetics, hygiene, and personal items
- Tampons / pads
- Prescriptions and other necessary medications
- Socks, Undergarments
- Sports Bra's (bring white for white uniform jersey)
- Street shoes other than your volleyball shoes
- A change of clothing per day
- Flip-flops or slippers
- 1 bathing suit (if there is a pool)
- Spending money
- Outerwear or umbrella for rain & cold
- Camera / Batteries
- Cell phone & charger
- Woolite for hand washing uniforms

Things to leave home:

- Video games or any other type of personal entertainment device

Part of the journey in sports, and in life, is to share experiences with your teammates. So things like listening to the same songs on the radio or Ipod, and just simply talking will make trips memorable.