



Surge Volleyball's Basic Tournament Checklist

We recommend that our athletes pack the following items for each tournament:

Volleyball Equipment (REQUIRED)

Sneakers
Jerseys (2)
Black Spandex
Socks
Water Bottle
Ankle Braces (optional)
Hair Clips
Sweatshirt/Sweatpants (it can get very cold in some of these gyms)
Athletic Tape (if needed)

FOOD

Bring Breakfast Food
Cereal
Whole Fruit
Granola Bars/Protein Bars
Bring Snacks (to eat between matches at the tournaments)
Whole Fruit
Granola Bars/Protein Bars
Bring Money for Lunch/Dinner
Drinks (Water and sports drinks)

HOTEL (Pack light – this is NOT a fashion show. You don't need 3 pairs of jeans)

Toiletry Bag (Toothbrush/Deodorant/etc.)
Pillow (especially if you are allergic to hotel pillows)
Pajamas (or whatever you sleep in)
Jeans/T-Shirts (for after we play)
Sneakers/Boots (depending on the winter weather)
Socks
Underwear (enough for 3 days of play and 3 nights of sleep)
Bathing Suit (lots of hotels have indoor pools)
Books/Homework