12 September 2018

**EQUIPMENT LIST**

A. Required Equipment

1) Headgear

2) Wrestling shoes

3) Running shoes

B. Additional Equipment (not required but wrestler may want to acquire)

1) Equipment bag

2) Mouth piece

3) Water bottle

4) Equipment bag

5) MP3 Player or ipad w/earbuds

6) Knee pads (as needed)

7) Elbow pads (as needed)

8) Wet wipes

C. Extra Items (not required but wrestler may want to keep on hand)

1) Spare head gear

2) Spare wrestling shoes

3) Extra t-shirt

4) Extra shorts

5) Extra underwear

6) Extra socks