

# Strongman Competition Packing List

*from Power Plant Gym*

## Basic Necessities:

- Photo ID
- Membership Card (double-check federation and expiration date)
- Cash
- Hydration
- Food (including supplements/protein)
- Competition Shirt

## Equipment:

- Shoes (for \*each\* event)
- Knee Sleeves
- Briefs/Suit (if allowed)
- Belt(s) for \*each\* event
- Elbow Sleeves
- Wrist Wraps
- Straps
- Grip Shirt (if allowed)
- Chalk
- Athletic Tape
- Warm-up/Mobility (foam roller, lacrosse ball, bands, hip circle)

**STOP!** Run through each event in your head, one at a time. Picture the event and what you're wearing, starting at your feet and working your way up. *Do you have everything?*

## Miscellaneous:

- Chairs
- Socks (extras if raining, tall socks for deadlift)
- Underwear (one for each "pee-potential" event)
- Tape Measurer
- Scissors (if you cut your comp shirts)
- Comfy post-comp clothes
- Layers (long sleeves, pants, sweatshirt, etc.)
- Tent

## In Case of Rain:

- Small/Ziploc bags for small equipment
- Big trash bag/poncho to cover gym bag
- Extra socks and shoes
- Small towels
- Stash of plastic grocery bags