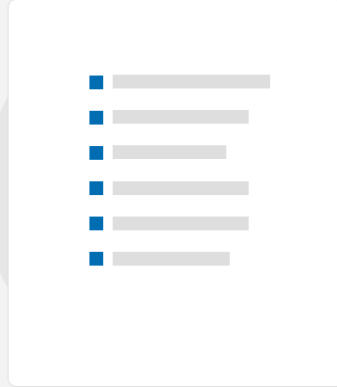


Powerlifting Meet Day Checklist



- Singlet
- Socks/Underwear/Bra
- Belt
- Knee Sleeves
- T-Shirt
- Shoes
- Hair elastics
- Food and Drinks
- Pain Reliever
- Foam Roller/Theraband
- Membership card & ID
- A Good Attitude

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