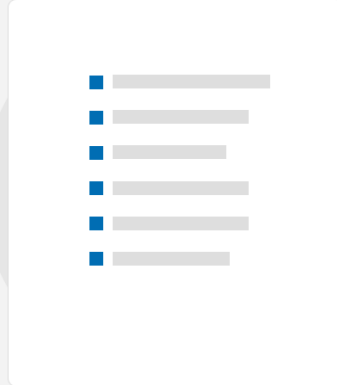


# Powerlifting Meet Day Checklist



- ☐ 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