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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