

Powerlifting Meet Checklist

No.	Items	Checks
1	Large bag - To keep all your stuff! It is best to keep it all in one place.	
Lifting Gear		
2	IPF approved knee sleeves.	
3	IPF approved wrist wrap.	
4	IPF approved powerlifting Belt.	
5	IPF approved Lifting Suit	
6	Lifting shoes.	
7	Foam roller, resistance band, and lacrosse ball- For warming up.	
Clothes		
8	T-shirt + extra – You may want to change if you get too sweaty.	
9	Sweatshirt – To keep yourself warm during waiting time.	
10	Underwear + extra – You may want to change if you get too sweaty.	
11	Shorts + extra – You may want to change if you get too sweaty.	
12	Socks/Deadlift sock (Long sock).	
13	Towels – To wipe off sweat.	
Your Source of Fuel		
14	Food – Don't try or experiment with anything new. Stick to what works best for you.	
15	Pre-workout drink. – Your source of caffeine.	
16	Energy bars/gels – To sustain energy throughout the meet.	
17	Water/Energy drink - Keep yourself hydrated between attempts and lifts	
Others		
18	Baby powder - This is used on the thighs during deadlift and helps the bar slide up more easily.	
19	Music + headphones – Ready your favourite mix.	
20	Camera and camera stand.	