



Nebraska AAU Powerlifting Club



Meet Checklist

Squat

- Shoes _____
- Supporter/Underwear/Briefs _____
- Suit _____
- Spare Suit _____
- Suit Slippers _____
- Erector Shirt _____
- Knee Wraps _____
- Spare Wraps _____

Bench

- Shoes _____
- Supporter/Underwear _____
- Singlet _____
- Bench Shirt _____
- Spare Bench Shirt _____

Deadlift

- Shoes _____
- Supporter/Underwear/Briefs _____
- Suit/Singlet _____
- Erector Shirt _____

General

- Belt _____
- Wrist Wraps _____
- Warmup Pants/Shorts _____
- Sweat Shirt _____
- T-Shirt _____
- Socks _____
- Rubber Bands _____
- Chalk _____
- Icy Hot _____
- Towel for chalk/powder _____
- Baby Powder _____
- Kilo Chart _____
- Attempt Sheet _____
- Pen _____
- Calculator _____
- Membership Card _____
- Soap
- **DEODORANT (HINT)**
- Shower Towel
- Camera
- Ammonia caps
- Aspirin/Ibuprofin, etc
- Food/Beverages
- Spare Shoelaces