

Athlete Tournament Checklist



One Iota Performance Strategies ✓ / X	
Course Strategy - Tactical	
Mental Strategies	
Expectation Management	
Relationship/Social Management	
Warm Up Routine - Physical, Mental	
Recovery Plan - Physical	
Pre/Post Event Forms	
Stats tracking	

Golf Equipment ✓ / X	
Golf Clubs - Check for all clubs, including putter (14 max)	
Golf Shoes	
Golf Bag	
Travel Bag	
Headcovers	

Push cart (plus accessories)	
Golf Balls	
Tees	
Ball markers, divot tools, etc	
Golf Gloves	
Rain Gloves	
Sharpies, line marker	
Towel	

Range Finder	
Yardage Books	
Alignment Sticks	
Practice Aid/Tools	

Warm/Sunny ✓ / X	
Sunscreen	
Sunglasses	
Bug Spray	
Lip Balm	

Cold/Rainy ✓ / X	
Umbrellas	
Bag Covers	
Rain pants and jacket	

Clothes/Gear ✓ / X	
Underwear (+ 2 extra pairs)	
Socks (+ 2 extra pairs)	
Under shirt (full length underarmour)	
Swimwear	
Sweater/Vest	
Coat	
Pants	
T-shirts	
Workout/fitness clothes	

Golf Shorts	
Golf Pants	
Golf Shirts	
Team Hats	

Toiletries	
Shampoo - conditioner	
Soap	
Toothbrush	
Toothpaste	
Hair Products	
Razors	
Deoderant	
Contact lenses and solution	
Other (hygiene products, etc.)	

Travel Days ✓ / X	
Phone	
Charger	
Comfortable and warm clothing	
Hand Luggage	
Contact lenses/solution; glasses	
Water bottle	
Healthy Food/snacks	
Comfortable and easy to remove shoes	
Books, games, music, etc	
Medications	
Travel shoes (comfy)	
Workout/fitness shoes	
Dress shoes(*when required)	

Nutrition/Hydration ✓ / X	
Water	
Electrolytes	
On course snacks (fruit, granola bars, trail mix, etc.)	