

# Tournament Checklist

Tournament:

Below is a condensed version (seriously!) of the tournament preparation checklists provided on the pdga.com website. Needs may vary. This is a general list of items and is not meant to be the definitive list for every player. Take from it what you wish.

## Well in advance of the tournament (let's say 1-2 months in advance)

- |  |  |
|--|--|
| <input type="checkbox"/> Pre-register        | Or risk being shut out   |
| <input type="checkbox"/> Secure Lodging      | Reserve motel, or a place to crash, or campsite, etc   |
| <input type="checkbox"/> Plan transportation | Secure airline tickets, rental car, etc  |
| <input type="checkbox"/> Memberships         | Renew in advance or be prepared to pay (NEFA; PDGA; other local)                             |
| <input type="checkbox"/> Tournament info     | Get current, accurate printed event information / flyer; directions; TD & site phone numbers |

## A few days before the tournament (let's say 1-2 days in advance)

- |  |   |
|--|---|
| <input type="checkbox"/> Select Discs    | Choose discs that are best suited for the layout of the course.   |
| <input type="checkbox"/> Car ready       | Fill up tank, check oil, tires, washer fluid etc.   |
| <input type="checkbox"/> Cut 'em now     | Unless you're just freestylin' - Your nails - finger & toe  |
| <input type="checkbox"/> Pack            | As much as you can by the night before  |
| <input type="checkbox"/> Alarm clock set | Set alarm or wake-up call   |
| <input type="checkbox"/> Weather & Road  | Check the weather forecast for the tournament site; check road conditions   |
| <input type="checkbox"/> Time Changes    | Plan to reset watches, car clocks, alarm clocks according to any changes in time zones or due to daylight savings during your trip or at the tournament destination.  |
| <input type="checkbox"/> Before Leaving  | Prior to leaving home or motel – Did you: Pay your rent/bills; turn off appliances, stove, heat, lights; close windows; set answering machine; return those video rentals; program your VCR for the X-Files; etc... |

## Before heading to the course (the day of the tournament)

- |  |   |
|--|---|
| <input type="checkbox"/> Extra Discs                   | Warm up, spares, changing conditions  |
| <input type="checkbox"/> Travel Bag                    | <i>Clothes, toiletries, etc.</i>  |
| <input type="checkbox"/> Day Pack                      | For specialty packing of overnight items, or next day's playing clothes; or whatever  |
| <input type="checkbox"/> Towels                        | Replace dirty or wet towels after warm-up; each round on rainy days   |
| <input type="checkbox"/> Umbrella                      | Large domed, heavy duty To keep golf bag/discs and/or you dry   |
| <input type="checkbox"/> Sunscreen                     | Apply BEFORE the round - avoid greasy hands later.  |
| <input type="checkbox"/> First aid items               | Band-aids, tape, braces, pads, lip balm, etc.   |
| <input type="checkbox"/> Insect repellent (with DEET*) | Apply BEFORE the round - avoid greasy hands later.  |
| <input type="checkbox"/> Moist towelettes              | To clean hands; for poison ivy encounters; to remove greasy sunscreen & insect repellent foolishly applied after the round starts |
| <input type="checkbox"/> Folding "lounger" chair       | Rest those bones between rounds   |
| <input type="checkbox"/> Jug of wash water             | Cool off & clean off on hot days between rounds; clean off dirty or mud-caked discs   |

## In the disc golf bag (the day of the tournament)

- |  |   |
|--|---|
| <input type="checkbox"/> Putters                       | Have 2.   |
| <input type="checkbox"/> Drivers                       | Have at least 2.  |
| <input type="checkbox"/> Approach                      | Have at least 2.  |
| <input type="checkbox"/> Mini Marker Discs             | Carry 2 in case you lose one. Label them w/your name.   |
| <input type="checkbox"/> Towels                        | Carry 2 in case one gets soaked or lost - keep the spare towel dry in a plastic bag.              |
| <input type="checkbox"/> Resin bag                     | To remove moisture from your hands due to humidity or other types of pressure.                    |
| <input type="checkbox"/> Cold beverage bottle / H2O    | Avoid dehydration and boost your energy. Tip: for hot weather, freeze bottom 1/3 to _ in advance. |
| <input type="checkbox"/> Munchies bag, candy bar, etc. | Energy. Hunger. Yum.  |
| <input type="checkbox"/> Membership card(s)            | May be required for tournament entrance (and/or PDGA or local discounts)                          |
| <input type="checkbox"/> Scorecard                     | As given by tournament director   |
| <input type="checkbox"/> Pencils                       | Preferably without erasure so nobody can accuse you of fixing the scores.                         |
| <input type="checkbox"/> Course map                    | Get a current map.  |
| <input type="checkbox"/> Rules of disc golf handbook   | Resolve questions quickly and accurately  |
| <input type="checkbox"/> Sharpie Marker pen            | Permanent; Labeling new discs   |
| <input type="checkbox"/> Money                         | CTP, Merchandise, etc.  |
| <input type="checkbox"/> Watch                         | (If you don't like wearing one) Be on-time for tee off  |
| <input type="checkbox"/> Hat                           | Shield early & late sun, protect head from branches   |
| <input type="checkbox"/> Sandpaper                     | Sand disc edges after a nasty tree-scutting   |
| <input type="checkbox"/> Band aids                     | For finger, toe, heel blisters; cuts, etc.  |
| <input type="checkbox"/> Moist towelettes              | Essential for poison ivy-sensitive people. (Wipe skin AND discs immediately!)                     |
| <input type="checkbox"/> Safety pins                   | Come in handy   |