

What to Bring to Fencing Meet

There are several items that are very important to have with you during a meet or tournament. You should feel your best while you are fencing so here are a few things that will be helpful! ☺

Snacks and Drinks ~ it is vital that you are hydrated (if you are thirsty, you are already dehydrated). SO be sure to have plenty of healthy snacks and fluids. Be sure to drink more water than anything else, but sports drinks are okay too. Avoid caffeine because that will dehydrate you (soda, coffee, energy drinks).

Pre-game snack suggestions:	Half-time snack suggestions:	Post-game snack suggestions:
<ul style="list-style-type: none"> • Whole-grain bread, crackers, tortillas, or pretzels • Cereal (as long as it's not high in sugar) • Enriched pasta or brown rice • Plain popcorn • Low-fat cheese, yogurt, pudding or milk • Turkey, chicken, tofu • Apples, bananas, pears, oranges • Carrots, sugar snap peas, cucumbers 	<ul style="list-style-type: none"> • Bananas • Orange slices • Clementine, Grapes • Small slices or chunks of melon • Apple wedges (sprinkle with orange juice to prevent browning) 	<ul style="list-style-type: none"> • Fresh fruit (see list above) or applesauce • Fruit frozen into kabobs or pops • Dried fruit, including leathers or rolls made with 100% fruit • Fruit-flavored gelatin • Granola bars, but watch out for high calorie, fat, and sugar content • Cookies: Best choices are fig bars, oatmeal cookies, animal crackers • Crackers or bagels: Opt for whole-grain versions if you can; top with peanut butter, cheese, or low-fat cream cheese • Yogurt • Pudding • String cheese • Popcorn, pretzels, baked chips • Muffins (low-fat) • Trail mix (with dried fruit instead of candy; beware nut allergies)

Fencing Gear

- All your whites (jacket, plastron, mask, glove) and electric equipment (body cords, extra weapons, lame, etc)
- Knickers and socks
- Fencing shoes

Miscellaneous Things

- Hair ties (yes, more than one) and head band (or bandanas)
- Sweatshirt, warm-ups (anything to keep you warm after fencing)
- Comfy shoes for going to/from the school

****Remember, DO NOT bring ANYTHING that you would hate to leave at the school! ****