

CHECKLIST FOR A TOURNAMENT GO-BAG

AKA The Marry Poppins Bag (Daniel Tyree of Plymouth High School - IN)

AKA The "Oh Shhhh Kit" (Austyn McKee of Malcolm Jr/Sr High School – NE)

Thanks to Sara Wells Martin and Jamie Lynn Willis of Cherokee High School (GA) for posing this question on our FB Group! We've compiled the responses of coaches throughout the nation to create one comprehensive list.

- **SAFETY ITEMS**

- Printed emergency contact list
- Medical releases for all students (in case a ER visit is needed)
- Special medications for students who are diabetic or asthmatic (inhaler)
Your school nurse should be able to provide this information for all your students

- **FIRST-AID ITEMS**

- Band-aids (big ones for blisters)
- Neosporin (for blister treatment)
- A bucket in case some gets sick on the bus or at the tournament
- Hand-sanitizer
- Tissues (Kleenex)

- **OVER THE COUNTER MEDICINES**

- Saline Solution (for contact lenses) / Empty contact lens cases
- Cough drops
- Roloids/Tums/Pepto Bismol tablets
- Pain Relievers (Tylenol, Advil)
- Benadryl
- Immodium

TIP: To save money and ensure you are within school policies regarding dispensing medicines, check with you school nurse. (Daniel Tyree of Plymouth High School - IN)

- **HYGIENE PRODUCTS**

- Female products (pads, tampons)
- Breath mints/Altoids/gum
- Deodorant
- Chapstick/Carmex
- Toothbrushes (new)
- Toothpaste
- Dental Floss

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- **APPERANCE RELATED ITEMS**

- Lint rollers
- Pantyhose/Nylons and/or Tights
- Clear Nail Polish (to stop runs in Pantyhose)
- Extra white shirt, tie, belt, black or no-show socks
- A cardigan (For students who "forget" the dress code)
- Safety Pins
- Hair spray
- Bobby Pins
- Safety pins
- Tide Stain Sticks
- Hair ties
- Concealer, mascara, make up bag with neutral colors
- Shoe polish
- Static guard
- Emory board, nail polish remover, cotton balls
- Sewing kit (with black thread)
- Emergency jewelry (for girls who might not have the right kind)
- Rubber bands for braces
- Double-sided fabric tape
- Hand-held mirror

- **COMPETITION/PERFORMANCE ITEMS**

- Extension cords
- Extra black binders for Prose/Poetry
- Extra page protectors for binders
- Hole-punch
- Black construction paper
- Scissors
- Glue sticks / Rubber Cement / Tape
- Emergency Prose/Poetry pieces for when substitutions have to be made at the last minute or for last minute additions
- Note cards (Various sizes)
- Back-up copies of all prose/poetry material (in case a student forgets their binder)
- Binder with copies of all acting pieces/speeches/debate cases
- Or a laptop loaded with all materials (may be hard to find a printer at some tournaments)
- Highlighters, pens, mechanical pencils
- Extra gavels (for Congress)
- Stop watch
- Art supplies for repairing visual aids, props

- **MISCELLANEOUS**

- Snacks for competitors
- Playing cards / Uno
- Coloring books/crayons
- Blank composition book