ANIKA TAEKWONDO

TOURNAMENT SUPPLIES CHECKLIST

PARENT & ATHLETE PREPARATION | TOURNAMENT SEASON

ATHLETE NAME _____ **TOURNAMENT / LOCATION** _____

EVENT DATE _____ **DIVISION / BELT** _____ **CHECK-IN TIME** _____

Check each box when packed or completed. Review the event package with your coach before every tournament.

01 COMPETITION EQUIPMENT

- ☐ **White uniform & belt**
  White dobok with no national team insignia; pack the athlete's belt.
- ☐ **Mouthguard & case**
  Clear or white. Bottom braces also require a bottom guard.
- ☐ **Groin guard**
  Must be worn under the uniform.
- ☐ **Shin guards**
  Must be worn under the uniform.
- ☐ **Arm guards**
  Must be worn under the uniform.
- ☐ **WT-style gloves**
  Individual-finger style; required in all divisions.
- ☐ **Daedo Gen 2 eSocks**
  Bring your own; not provided. Confirm the event's electronic system.
- ☐ **Helmet arrangements**
  Supplied checklist: provided for head-contact divisions only. Confirm with organizer.
- ☐ **Chest protector arrangements**
  Ask the organizer whether one is supplied or must be brought.
- ☐ **Bracing, if used**
  Neoprene only; no rigid knee or ankle supports.

02 ATHLETE READINESS

- ☐ **Hair secured**
  Tie up long hair so it fits comfortably under the helmet.
- ☐ **Piercings & jewellery removed**
  Remove all piercings, rings, necklaces, watches and other jewellery.
- ☐ **Glasses removed**
  If needed, confirm permission for sport-approved rubber goggles or a cadet face shield.
- ☐ **Nails trimmed**
  Trim fingernails and toenails. Supplied checklist does not restrict coloured nail varnish.

03 FAMILY PACKING ESSENTIALS

- ☐ **Registration & event details**
  Confirmation, requested identification, venue address and schedule.
- ☐ **Water & familiar snacks**
  Pack a refillable bottle and food suited to your athlete.
- ☐ **Warm-up & change of clothing**
  Tracksuit, spare clothes, towel and footwear.
- ☐ **Personal medication, if needed**
  Bring prescribed medication and share relevant needs with the coach.
- ☐ **Coach contact & travel plan**
  Save contact details; confirm transport and arrival time.

FINAL PARENT CHECK

Equipment fits, is labelled and is in good condition. Confirm division-specific requirements, equipment supplied and any event changes with your coach or organizer.

NOTES / ITEMS TO CONFIRM: _____

BE PREPARED. BE RESPECTFUL. BE ANIKA.

Companion to the athlete infographic. Equipment guidance follows the supplied event checklist.