

Clothing

- Singlet
- Crew neck t-shirt (approved logos only)
- Knee High Socks (required for deadlifts)
- Regular Socks
- Underwear (briefs or non-compressive boxers)

Equipment

- Belt
- Wrist Wraps
- Knee Sleeves
- Shoes (squat shoes, flat shoes, etc.)
- Chalk
- Baby powder
- Warm-up tools (foam roller, bands, massage gun, etc.)

Food and Drinks

- Post weigh in meal
- Simple snacks high in carbs
- Water
- Sports Drink
- Caffeine/Pre-workout