



Fencing Tournament Checklist



This checklist covers the essentials you will need for a fencing tournament. Make sure to arrive at least one hour before the “close of registration” time listed for your event; that will give you ample time to get your equipment checked, warm up, etc.

Documents:

- ☐ USFA Membership Card or other proof of USFA Membership
- ☐ Proof of age (for fencers under 18 and Veteran fencers over 39)
- ☐ Waiver (download from Askfred/USA Fencing; usually also available at check-in)

Equipment: (**Bolded** items must be equipment-checked by the tournament armorer before your event.)

- ☐ 2 working weapons
- ☐ **2 working body cords**
- ☐ **Mask**
- ☐ **Glove**
- ☐ Chest Protector (mandatory for all female fencers; optional for males)
- ☐ Underarm protector
- ☐ Fencing jacket (must overlay the knickers by 10 cm)
- ☐ Fencing pants (knickers)
- ☐ Socks (knee-high, must cover leg completely, up to the fencing knicker)
- ☐ Shoes

Equipment maintenance kit:

- ☐ Screwdriver
- ☐ Wrench alley (if your athlete uses a pistol grip)
- ☐ First aid kit: Ibuprofen, Band-Aids, etc.

Food:

- ☐ Water bottle/sports drink
- ☐ Snacks for between rounds, like fruit, granola, muffins, trail mix, veggies, energy bars

Clothing:

- ☐ Change of clothes for post-fencing
- ☐ Club warm-up jacket/pants
- ☐ Towel
- ☐ Hair band/tie

Extras:

- ☐ Strip coaching fees (usually paid *before* the event)
- ☐ Money for lunch, snacks, etc.