



# 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.)

- At least 2 working weapons (three recommended)
- At least 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.
- Some cash for the armorers on-site