



FARGO REGISTRATION & PACKING CHECKLIST

PACKING CHECKLIST

What is Provided:

1. Sheets, blanket, pillow, pillowcase is provided by NDSU
2. One fan per room is provided by NY-USAW
 - HINT: Fans should be turned to blow out of the window during the day with curtains drawn shut, then turn the fan to blow in at night. This has worked VERY WELL over the past few years.
3. 3 meals a day is included in the trip cost.
 - There are specific breakfast, lunch, and dinner times. These times are posted electronically and hard copy, so wrestlers are knowledgeable of meal times.
 - Wrestlers can eat as much as they want when in the cafeteria but per NDSU policy no food can be carried out of the cafeteria. Also, drinks (including water) and food may not be carried into the cafeteria.

What to Pack:

1. State ID if over 18 for travel
2. Life sustaining medication
3. Insurance Card(s)
4. Toiletries - i.e. soap, shampoo, conditioner, toothbrush, toothpaste....
5. Feminine products
6. Shower Towel(s)
7. Shower Shoes – flip flops
8. Laundry soap – recommend pods or small travel packets.
9. Pack gear, wrestling shoes and sneakers in a carry-on. Suggest putting all gear including wrestling shoes in the team gear backpack to carry-on.
 - 2 singlets
 - Wrestling shoes
 - Performance shirt
 - Fight shorts
 - ¼ Zip

Suggested to pack:

1. Extra Team NY Singlets (if you have them) as a back-up.
2. 6-10 sets of light workout clothes
 - Remember there is laundry on site
3. Clothes for down/free time (it is typically hot but can be cool at times).

Recommend items to bring:

1. At least one sweatshirt
2. At Least one pair of long pants
4. Cards
5. Sunscreen/Sunglasses
6. Cell Phone, charger, earbuds/headphones
7. A form of money as there is apparel and gear vendors