



LIFTING LARGE.COM

WEIGH-IN

DATE/TIME _____

RULES MEETING

DATE/TIME _____

POWERLIFTING MEET CHECKLIST

Contest/Date _____

Singlet	1-ply or 2-ply depending on the federation
Knee high deadlift socks	REQUIRED by all federations
Flat bottom shoes or deadlift slippers	The lower the better.
Underwear with no legs (all colors OK)	All underwear must NOT HAVE LEGS in all federations.
T-shirt	Bring at least one, some federations have t-shirt restrictions.
Powerlifting leather belt	No wider than 4" or thicker than 13mm, no padding allowed
Baby powder	For the legs on deadlift.
Nose tork or ammonia caps	Only if you use them in training.
Foam roller or muscle roller	If used in training.
Towel	Bring at least one, for your head or to wipe off your shoes
Lifting Chalk	You have no idea what the meet chalk is like!
Screwdriver for belt adjustment	You may need to tighten up the belt at the meet...
Nail clippers	To cut off torn calluses (it happens)
Phone/camera for the Instagram	#kepliftinglarge but stay focused!
Drinks	Low or no sugar energy drinks and electrolyte replacements.
Food	Don't bring any strange unfamiliar food (opt for light foods)
Protein bars	Convenient way to get some calories in on a long day.
Ibuprofen or Tylenol	You will need it. Better to have it than not!
Opening Attempts written down (lbs or Kg)	I promise: you will forget if you don't write it down.
Headphones and music	Nothing better to get your head in the game.
"Beano" or something similar	If you don't want to have a "Special Story" to tell later :)
Muscle rub or liniment	Your back will thank you.
Knee Sleeves	If allowed in your competition; check the rules
Wrist Wraps	If allowed in your competition; check the rules