

NUSEA General Day-Tournament Packing List

- Squash equipment (squash shoes, racquet, proper eye guards, water bottle)
- 1-2 squash shirts
- 1-2 squash shorts/skirts
- 1-2 pairs of socks
- 1-2 pairs of underwear (and sports bras for girls)
- Travel clothing (not squash related)
- 1 sweater for between matches
- Non-squash footwear (season appropriate)
- Cell phone and cell phone charger