

NUSEA General Overnight-Tournament Packing List

- Squash equipment (squash shoes, racquet, proper eye guards, water bottle)
- 6 or more squash shirts
- 4 squash shorts/skirts
- 6 or more pairs of socks
- 4 or more pairs of underwear (and sports bras for girls)
- 1 sweater for between matches
- Casual clothing (not squash related)
- 1 coat (season appropriate)
- 1 set of pajamas
- Non-squash footwear (season appropriate)
- Flip flops or alternative footwear for showering
- Shower supplies (soap, shampoo, conditioner, etc.)
- Toiletries (toothbrush, toothpaste, deodorant, hair brush, etc.)
- 1 Towel
- Cell phone and cell phone charger
- Spending money as needed depending on event