



Packing List

What you bring to the mat. What you take home is up to you.

ON THE MAT

- Gi (bring two if you have them)
- Belt
- No Gi shorts
- Compression rash guard
- Mouth guard
- Ear protection (optional)
- Flip flops for off mat movement
- Refillable water bottle

MEALS & DOWNTIME

- Casual clothes for dinners and fellowship
- Comfortable shoes
- Light layers, venue temp varies