



"BE PREPARED FOR A DISC GOLF TOURNAMENT" Player's Checklist

This is obviously more than anyone would bring to a tournament. However, depending on the tournament, conditions, and your preferences or responsibilities, it may be useful to scan through the entire list "just in case"... Pick and choose. Add your own stuff too. This checklist guarantees satisfaction in all regards except your score.

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PRIOR TO THE TOURNAMENT

Ö	Item	Description
	Pre-register	Or risk being shut out
	Secure Lodging	Reserve motel, or a place to crash, or campsite, etc
	Plan transportation	Secure airline tickets, rental car, etc
	Memberships	Renew in advance or be prepared to pay (NEFA; PDGA; other local)
	Tournament info	Get current, accurate printed event information / flyer; directions; TD & site phone numbers
	Discs	Select discs for specific tournament layout & variable conditions. Label all discs with permanent marker
	Laundry	Do your laundry and have your playing & casual clothes ready
	Waterproofing	Waterproof your boots, footwear, golf bag, tent, etc. with Silicon spray or equivalent
	Shop	Buy food & beverages; toiletries, etc. Scan this checklist beforehand
	Food prepared	Prepare meals (sandwiches; dinners) as necessary where meals will not be provided. Prepare snacks.
	"Ice" set	Pre-freeze plastic bottles of water (or other beverages) to use as "ice" in cooler & drink on day 2
	Beverages	Pre-freeze the bottom 1/3 to 1/2 of some drinking water bottles prior to hot days. (Fill remainder of liquid the morning you leave)
	Money	Get cash
	Car ready	Fill up tank, check oil, tires, washer fluid etc.
	Cut 'em now	Unless yer just freestylin' - Yer nails - finger & toe
	Pack	As much as you can by the night before
	Wake-up set	Set alarm or wake-up call
	Weather & Road	Check the weather forecast for the tournament site; check road conditions
	Time Changes	Plan to re-set watches, car clocks, alarm clocks according to any changes in time zones or due to daylight savings during your trip or at the tournament destination.
	Before Leaving	Prior to leaving home or motel – Did you: Pay your rent/bills; turn off appliances, stove, heat, lights; close windows; set answering machine; return those video rentals; program your VCR for the X-Files; etc...

IN THE GOLF BAG

1	Golf Bag – heavy duty, protective bottom; water resistant; closeable top; padded adjustable strap; enough room for discs; putter pockets; zipper pockets for items listed; beverage holder; towel ring, etc.	Keep your playing gear protected, and have what you need accessible while playing.
10 - 20	Discs - <i>distinctly labeled with your name</i> . At least: – 2 Putters – 6 Drivers – 6 Approach	For specific course & conditions. Stable/understable. Backups for cracked or lost discs. Add specialty discs as preferences and the conditions warrant (distance vs. finesse; wind; disc-eating lakes, etc.).
2	Mini Marker Discs - <i>labeled with your name</i>	Carry 2 in case you lose one.
2	Towels	Water hazards, rain, casual water, morning dew, mud, sweaty palms, etc. Carry 2 in case one gets soaked or lost - keep the spare towel dry in a plastic bag.
1	Resin bag or "Birdie Bag" in a zip-lock bag	To remove moisture from your hands due to humidity or other types of pressure
1	Cold beverage bottle / H2O	Avoid dehydration and boost your energy. Tip: for hot weather, freeze bottom 1/3 to 1/2 in advance.
1	Munchies bag, candy bar, etc.	Energy. Hunger. Yum.
As needed	Membership card(s) - <i>current</i>	May be required for tournament entrance (and/or PDGA or local discounts)
1	Scorecard	As given by tournament director
2 – 3	Pencils (golf)	
If available	Course map - <i>be sure it is current and designed for tournament layout</i>	Avoid playing the wrong tee or hole and getting penalty strokes on poorly marked, new, or changed courses – or alternate tee & pin placements
1	Rules of disc golf handbook - <i>current</i>	Resolve questions quickly and accurately
1	Marker pen – permanent	Labeling new discs
As needed	Money	Tournament fee. Membership renewal. Disc or food purchase. Skins, side bets. Coins - machines, phone.
1	Watch	(If you don't like wearing one) Be on-time for tee off
1	Car key (spare)	Inevitably you'll need it!
1	Hat "with bill" or Visor	Shield early & late sun, protect head from branches
1	Sunglasses	For those rare occasions the sun actually appears
Optional	Protective clothing	As warranted by conditions: Rain layer; longpants for briar patches, etc.
1	Nail clipper and/or sandpaper	Split nails, hang nails, annoying cuticle tears; also can "trim" disc edges after a nasty tree-scuffing
Variety	Band aids	For finger, toe, heel blisters; cuts, etc.
4 – 5	Moist towelettes (<i>small packets – alcohol based!</i>)	Essential for poison ivy-sensitive people. (Wipe skin AND discs immediately!)
A couple	Safety pins	Come in handy
	See "IN THE CAR" section for things like sunscreen, insect repellent, etc.	

IN THE CAR

	All	All highlighted items on the checklist plus those that follow below	Refer to all of the highlighted sections of the checklist. You might remember to organize your golf bag and fill the cooler. Now don't forget to put them in the car!
	10 – 20	Extra Discs - <i>variety</i>	Warm up, spares, changing conditions
		Travel Bag (<i>clothes, toiletries, etc.</i>)	
		Day Pack	For specialty packing of overnight items, or next day's playing clothes; or whatever
	4	Towels – extra	Replace dirty or wet towels after warm-up; each round on rainy days
	1	Umbrella – large domed, heavy duty	To keep golf bag/discs and/or you dry
	1	Sunscreen	Apply BEFORE the round - avoid greasy hands later.
	As needed	First aid items, bandaids, tape, braces, pads, lip balm, blistexsympathy, etc.	Cuts, scrapes, callouses, blisters, sprains, chapped lips, stings, missed gimmes.
	1	Insect repellent (with DEET*)	Apply BEFORE the round - avoid greasy hands later. (*Repellent containing DEET is essential for grassy, shrubby tick habitats. Apply to skin AND clothes)
	Box	Moist towelettes (extra)	To clean hands; for poison ivy encounters; to remove greasy sunscreen & insect repellent foolishly applied after the round starts
	1	"Ivy Block"	Some find this new product helpful to prevent poison ivy in the first place
	1	Folding "loungue" chair	Rest those bones between rounds
	Optional	Portable folding "camp" chair	Rest those bones between holes; during backed up play
	1	Jug of wash water	Cool off & clean off on hot days between rounds; clean off dirty or mud-caked discs
	1	Wash towel	For you (face, hands)

CLOTHING

(Extra pairs allow for changing between multiple rounds, at end of day, or for multiple-day events.
Clothing can get rain or sweat-soaked, torn, or taken off your back during skins)

	1	Belt	
	1	Cleats	For grippable playing surface (e.g. mostly fields)
	1	Cross-trainers	All-purpose for varied terrain
	1	Hat "with bill" or Visor	Shield early & late sun, protect head from branches
	1	Hiking shoes or Boots (waterproof)	Rugged terrain, roots, rocks, mud, dew-laden fields, surprise puddles, rain, snow
	1	Pants - Jeans	For cooler weather; poison ivy, brambles protection
	2	Pants - Light cotton	For warm weather protection: sun, poison ivy, brambles
	2	Shirts - long sleeve, midweight	Cold weather (only use turtlenecks for extreme cold as it is easy to overheat & sweat too much)
	2	Shirts - long sleeve, lightweight	Sun, poison ivy, brambles protection; cooling weather
	1	Shoelaces – spare	
	1	Shorts	For play (with pockets for minis or scorecard, pencil, rulebook, or whatever)
	1	Shorts - gym	Casual
	1 – 2	Sneakers / comfortable shoes	Wear for driving, after tournament, etc; backup for play
	3 – 6	Socks - athletic	Thick enough for comfort, shoe fit, and avoiding blisters
	1	Sweat pants / warm-ups	For warm-up; for layering if weather cools (unzip at bottom); sun, poison ivy, brambles protection
	1	Sweatshirt	For warm-ups; for layering if weather cools; sun, poison ivy, brambles protection
	1	Sweater	Cold conditions prior to or after play
	3 – 6	T-Shirts	Play; casual
	3 – 6	Underpants	Play; casual
	1	Vest – Fleece	Easily removable "layer" less arm-motion restriction
	1	Windbreaker (waterproof or resistant)	Lightweight outer layer - cold, wind, or rainy conditions

CLOTHING - RAIN

1	Gloves - waterproof	Keep hands dry and warm between throws
Enough	Hand warmers/ Hot pads	Keep those fingers warm! Can also warm the gripping edge of discs.
4 - 6	Plastic bags	To keep spare towel in golf bag dry; as emergency "waterproof" liners between socks & shoes
1	Rain hat	
1	Raincoat - light, breathable	
1	Rainpants - light, breathable	
1	Resin bag or "Birdie Bag"	To remove moisture from your hands after toweling
1	Silicon spray	To pre-waterproof clothes, shoes, bag
4 - 6	Towels	To keep discs dry; dry off after rounds
1	Umbrella - large domed, heavyweight	To keep you, and more importantly your discs dry
2	Waterproof boots or hiking boots	
2 - 4	Waterproof socks	If you can afford them

CLOTHING - WINTER

2	Boots - warm, waterproof, heavy duty	
1 - 2	Flannel shirts - with buttons & collar	Collar can be turned down, shirt unbuttoned to release heat. (instead of turtleneck which traps heat with no mercy causing sweating)
1	Gloves - extra	
Enough	Hand warmers/ Hot pads	Keep those fingers warm! Can be used loose in pocket or in mittens (see below). Can also warm the gripping edge of discs.
1	Hot beverage thermos	
1	Jacket - warm, light, waterproof "windbreaker"	Removable outermost layer worn if cold & windy; easy to stow in golf bag if you warm up
1 - 2	Long underpants or light sweatpants	Middle leg layer in extreme cold
1	Mittens with glove inserts	Adhere toe warmers to inner surface of the mitten shell. (For extra warmth put one on <i>each side</i> of the insert)
1	Parka with hood	Before, between & after rounds
1 - 2	Scarves - thin, lightweight	Wear loosely for unrestricted neck movement; keep in bag otherwise
1 - 2	Silk long underpants	Warm, very light-weight, wicking layer closest to skin
1 - 2	Silk long undershirts	Warm, very light-weight, wicking layer closest to skin
1	Snowpants - insulated, waterproof or resistant	
2 - 4	Socks - heavy wool	
2 - 4	Socks - polypro liners	Wick moisture
1 - 2	Socks - waterproof	Alternative to waterproof boots
1 - 2	Tank tops	Middle layer - non-restricting
4 - 8	Toe Warmers (heat packs) with adhesive strips	Use in boots & mittens
1	Vest - fleece	Non-restricting outer warmth
1	Visor - adjustable	Wear over wool hat in bright sun
1 - 2	Wool hats (or insulated hat with bill & earflaps)	

FOOD & BEVERAGE

1	Cooler – large	
A Lot	Beverages – water, soda, ice tea, juice, etc. {Buy in advance of tournament; remember many courses do not have stores nearby, or they are closed Sundays}	Bring enough for during play; meals; after rounds. Save lotsa money: Buy 2-liter bottles and fill up re-usable 20 oz plastic bottles prior to tournament
1 – 2	Breakfast snacks – ready to eat	
	Can/bottle opener	
As needed	Car Snack & Drink	For the ride down
As needed	Prepared "cold" dinner meals	If camping or staying overnight in small town
4 – 8	Frozen 20oz to 1 liter water & beverage bottles (instead of ice). If this is not feasible try to use "reusable ice packs." Last option: buy ice.	No melting ice to deal with; Keeps cooler cold for 2 days. Drink them on 2 nd day of warm-weather tournaments. Also: Freeze bottom 1/3 to ½ of a few bottles the night before hot days, topping them off in the morning.
1	Hot beverage thermos	Cold weather
As needed	Instant coffee or cocoa; sugar, cream, etc	Cold weather
1 – 2	Lunches – e.g., pre-prepared sandwiches	If no lunch provided at tournament
1	Paper towel roll	
As needed	Paper plates or cups	
1	Set of utensils	
2 – 4	Snacks to put in golf bag	Extra snack cakes, candy bars, munchie bags, etc.
2 – 4 Qts	Water	Bring it even if you prefer the sweet (or the malted) stuff!
2	Water bottles	For golf bag

TOURNAMENT - RELATED

1	Tournament Flyer and/or specifications	
1	Directions	
1 – 2	Maps – highway & local	
1	Phone #s of tournament site & director	
	PDGA and/or local Membership Card	
1	Motel / Campsite guide	If staying overnight
1	Event calendar	
As needed	Flyers to advertise your future events, etc.	
1	Disc Golf rulebook	
2 – 3	Golf pencils	
If applicable	Course map / scorecard	
Optional	Spare car keys for each other player sharing ride in your car.	Each rider can have access to their belongings after they finish a round without having to wait for you

PERSONAL

1	House keys & spare	Keep spare in car
1	Wallet	Money, I.D., credit cards, member card
Enough	Money	Gas, tolls; tournament entry fee, membership renewal; disc purchases; skins; meals, hotel, etc...
1	Checkbook	Purchase discs; pre-pay future tournaments; emergency
Enough	Coins & tokens	Bridges & tolls
1	Watch	
1	Spare car keys	Keep one set on your person; one in golf bag
As needed	Auto supplies - oil, washer fluid; winter ice scraper, brush, shovel, de-icer, etc..	
As needed	Music (cassettes, CD's, etc)	For your car, walkman, or freestyle fix
1	Set of leisure clothes & shoes	If you plan to go out to dinner after the tournament!
As needed	Spare eyeglasses or contact lenses (& cleaner kit)	
1	Sunglasses	
As needed	Prescription drugs or medicine; aspirin, skin lotion, sunscreen, lip balm, insect repellent, etc.	
As needed	Therapeutic pads, braces, wraps, etc.	Knee, ankle, elbow, etc...
As needed	Tissues	
	Your Business Cards and Address Book	To exchange information with players you meet and want to keep in touch with
	Return that stuff you borrowed, share your newsletters, bring gifts, surprise someone with your generosity	

OVERNIGHT STAYS & CAMPING

	1	Travel Bag	For clothes, personal items, etc.
	1	Toiletries bag (toothbrush, toothpaste, razor, soap, shampoo, nail clipper, prescription drugs or medicine; aspirin, skin lotion, sunscreen, lip balm, insect repellent, etc. etc)	
	1	Air mattress	You'll be glad if you camp
	1	Air pump – motorized	You'll be glad if you want to use the air mattress
	1 – 2	Alarm clock – reliable (w/ spare batteries & tester)	
	1	Axe	Chop the wood after you carry the water
		Baggies - plastic zip-lock	Come in handy for so many uses.
	1 – 2	Bath towels	
	1	Bathing suit	
	1	Batteries – spare flashlight, spare alarm clock	
	1	Blanket	Unexpected cold
	1	Broom – small whisk	Clean tent & tarps prior to folding up
	2	Bungee cords	Come in handy
	1	Chair – folding	You'll be grateful
	As needed	Condiments - salt, sugar, butter, oil, etc.	
	As needed	Cooking gear – stove or burners; fuel; pots & pans, etc.	
	1	Cooler	
	1	Flashlight – extra	
	1	Flashlight – heavy duty	
	Enough	Food & Beverages	
	As desired	Glow discs for night disc golf play	
	1 – 2	Hand towels	
	1	Hat	
	As needed	Ice or frozen beverages	
	1	Insect repellent	
	1	Lantern	
	1	Lantern fuel	
	2	Lantern wicks	
	As needed	Leisure clothing	
	1	Mallet	To drive in tent stakes
	1 bx	Matches – waterproof	
	1 bx	Moist towelettes	
	1	Paper towel roll	
	1 – 2	Pillows	
	1	Potholder	
		Reading material	
	1	Sandals or flip-flops	Warm weather; campground showers
	1	Shovel – small foldable	
	1	Silicon spray	Waterproof tent (Do this at least 48 hours in advance and air it out well!)
	1 – 2	Sleeping bags	If one gets wet...
	1	Slippers	Cold hardwood floors
	As needed	Stakes – extra for tent	
	1	Swiss army knife	
	2	Tarps – large, waterproof, with reinforced grommets	One for ground cloth, one for rain protection
	1	Tent – 2 person or larger; waterproof, rain flaps & windows	
	1	Tent repair kit	
	1	Tissues pack	
	1	Toilet paper roll	
	4 – 6	Trash bags	For garbage; dirty clothes; for wet clothes & towels
	Enough	Twine – heavy duty	To tie tarps to trees; use as clothesline
	1	Wash cloth	
	1 – 2 Gal	Water	Washing up, drinking, cooking, rinsing dishes, discs

COURSE SET-UP & MAINTENANCE

This portion of the checklist may someday expanded as part of a "Tournament Director's Checklist" (volunteers please contact webmaster@pdga.com).

As needed	Pole Holes	For temporary courses
	Pole Hole assembly/dismantling tools: Wrench, pliers, screwdrivers, extra nuts & bolts, locks & keys; grease, oil, etc.	
	Hole Numbers	
	Shims (for leveling pole holes)	
	Bag holders	
	Tee Signs	With hole number, par, length, and diagram if possible
	Tee flags	Different colors for different divisions
	Tee Borders	
	Tee Surface Material	
	"Next Tee" signs	
	"Out of Bounds" signs	
	Paint (spray)	Marking tees, signs, OB areas, etc
	Rope, string, etc.	Marking tees, signs, OB areas, etc
	Red ribbon	Making baskets more visible
	Poster board	Signs
	Large permanent markers	Signs
	Benches	
More than enough	Water Jugs (2 ½ gallon or larger)	Available at frequent intervals on the course for players
	Water cups	
	Trash receptacles	Near each tee if possible
1	Bow saw	Authorized pruning; clear path from hole to next tee
1	Broom – small	Clearing concrete or other solid tee boxes
	Ground-punch rod	Digging holes for the pole hole poles
	Hammer/ mallet	
1	Loppers	Authorized pruning; clear path from hole to next tee
As needed	Measuring tape	Measure distances, CTP, disc in tree, etc.
	Nails	Signs
1	Pole saw	Authorized pruning; clear path from hole to next tee
1	Pruning saw	Authorized pruning; clear path from hole to next tee
1	Rake – small	Clearing "soft" tee boxes
1	Staple gun	Posting OB signs, etc.
1	Shovel – foldable	
1	Weed whacker	Authorized pruning; clear path from hole to next tee
2 – 3	Quarts H2O	While setting up or doing maintenance
As needed	Snacks	
1	Insect repellent – strong	
1	Sunscreen	
1	Hat – durable	
1	Jeans – heavy duty	Bramble & poison ivy protection
1	Jacket – light, durable	
1 – 2	Shirts – old, long sleeve	Shirt you are willing to have rips in; poison ivy protection
1	Work boots	
2	Work gloves – heavy duty	Protect those throwing fingers; avoid the poison ivy