

Fencer Tournament Checklist

Put your name and city on everything including protective gear, weapons, and fencing bag.

protective

- LAMÉ*** (for foil and sabre) rolled in fencing jacket and not folded
- JACKET** (no holes, must close in back or opposite weapon arm)
- UNDERARM PROTECTOR** (also known as plastron)
- PLASTIC CHEST/BREAST PROTECTOR (mandatory for women, optional in men)
- MASK*** (must pass 12K punch test) -- choose correct mask/bib with padding for event
- GLOVE*** (no holes. Must cover approximately half your forearm)
- FENCING SHOES**
- LONG SOCKS** (must reach bottom of your knickers)
- KNICKERS** (no holes, must close in back or opposite weapon arm, must be overlapped by jacket by at least four inches)
- PROTECTIVE CUP** for men

weapons

- WEAPONS minimum two working weapons (ideally 3-4 weapons)
- BODY CORDS* minimum two working body cords
- MASK CORDS* (for foil and sabre) minimum two working mask cords

pre-competition check

- Foils must pass 500 gram weight test and have tip tape in place
- Epées must pass 750 gram weight test and shims test and have all tip screws in place
- IDENTIFICATION bring for Super Youth Circuit and National Tournaments such as a birth certificate or passport in addition to US Fencing Association (USFA) membership card

other supplies

- TEAM WARM-UPS including jacket and warm up pants for podium pictures
- FENCING NOTEBOOK or POOL SHEET to take notes on opponents, things to work on
- TOOL KIT (screwdrivers for tip and pommel, spare screws, springs, Allen wrench)
- TEST BOX and shims (weights usually found at the tournament venue)
- FENCING BAG and extra bag to hold wet equipment
- WATER BOTTLE or other drink
- SNACK possibly electrolyte gels
- TOWEL
- HAT and VEST to stay warm in case of a cold venue
- ZIPLOCK BAGS for broken weapon parts
- POWER for cell phone
- CLOTHES for after the tournament

* Required at equipment check at major tournaments. **Carry on for flights.**