

We hope this guide will help you at your next tournament. You may not need all or these or may need to bring more but it's better to be prepared. My first sand tournament I played in I only brought a hat and sunglasses and nothing else. All my other tournaments that I have been too I have been prepared.

Drinks

- Gatorade
- Water
 - Have a couple frozen so it counts as an ice back and will also be ready to go when its time for playoffs.

Shade/Seats

- Umbrella
- Tent
- Canopy
- Chair

Bag

- Towel
- Sunglasses
- Back up sunglasses
- Sand socks
- Long sleeve
- Tape
- Sunscreen
- Hat
- Volleyball
- First aid kit
- Asprin
- Stretch band
- roller

Cooler

- Ice
- Drinks
- Food

Food

- Fruit and vegetables
- Pickles or pickle juice
- Sandwich
- Nuts
- Snacks