

## **Outdoor tournaments What to Wear and Bring**

SUN GLASSES are probably the most important part of the outdoor uniform. Even on cloudy days, players can burn their eyes and should wear sunglasses to protect their eyes from UV rays and enhance ability to see while playing in the sun. Glasses with large viewing areas and no visual obstructions are encouraged.

SUNSCREEN - It is important to apply sweat-proof sunscreen several times throughout the day especially on the shoulders, back and face.

SWIM SUITS - Athletic swim suits are the uniforms at the highest levels. Men/boys often wear board shorts and are not required to wear shirts. Women/girls often wear two piece swimsuits and can wear shorts etc for comfort. Many of the events will be held at reservoirs where you might also want to take a swim.

T-SHIRT/TANK TOP & SHORTS - Any athletic is appropriate for outdoor tournaments

FOOTWEAR - Generally no shoes are worn. It is recommended that you bring outdoor gym shoes and socks just in case you need to wear them.

WATER - The heat and dry outdoor causes even more need for hydration. Many players bring Water Coolers filled with ice and water. Others bring several bottles of frozen water/power drink. Still others bring coolers of drinks and food.

FOOD - Often you will be unable to leave the venue for lunch. It is recommended that you bring granola bars, crackers, fruit, sandwiches, etc to snack on throughout the day.

OUTDOOR CHAIR / BLANKET / SUNSHADE - During the time that you're not playing, you might be refereeing or just enjoying the venue and sun. A foldable chair or blanket are recommended for seating. A sun umbrella or some type of sun shade also helps on sunny days if there are no trees at the venue.