

INFORMATION FOR FENCERS

(Parent and Fencer's form; retain for your records)

Checklist for fencers:

- USFA Membership Card
- 2 Working electric weapons for each event you fence (2 foils, 2 epees, 2 sabres)
- 2 Body cords for each kind of weapon you are fencing (foil, epee, sabre)
- Glove
- Sabre gauntlet and pigtail for mask
- Mask
- Underarm protector
- Breast protector (women)
- Cup (men)
- Lamé (foil and sabre only)
- Jacket
- Knickers or baseball pants (white or pastel)
- Team Warm-up
- 2 pair of LONG socks (above the knee)
- Fencing shoes (actual fencing shoes or tennis/deck shoes with LIGHT colored soles)
- Appropriate shorts, pants
- 2 clean shirts for each day you are fencing ☺
- Deodorant ☺
- Water bottle
- Appropriate snacks (nuts, cheese, fruit, bagels, Gatorade, etc.)

Additional checklist for overnight and longer trips (as necessary and appropriate):

- Toothbrush and toothpaste
- Shampoo
- Brush/comb
- Dinner wear (casual dining)
- Sleepwear
- Swimming suit
- "Tourist" clothes and shoes
- Clean underwear ☺

FIT staff recommends duplicating your USFA membership card, laminating both the original and the duplicate, and attaching the duplicate to your fencing bag or luggage. This service is provided to our fencers at the club, just bring in your membership card.