

Jiu Jitsu Travel

BJJ Gear

- 2 Light Gis (add 1 if no washer on site)
- 3 sets of No Gi
- Belt
- Mouth Guard
- Knee Pads/ Brace
- 4 Sets of Athletic Underwear
- Gym Flip Flops
- First Aid: Antibiotic Ointment, Band-aids, Tape, Butterfly Closures, Super Glue
- Travel Towel
- Water Bottle
- IBJJF ID/ Passport/ License
- String Bag or Wet Bag for Sweaty Gear
- Journal/ Pen

Food and Supplements

- Electrolyte Powder
- Protein Bars
- Protein Powder
- Calcium, Magnesium
- CBD Balm
- Ibuprofen

Toiletries

- Facial Wipes
- Travel Shampoo, Conditioner, Soap
- Nail Clippers
- Spray Detangler for Long Hair
- Extra Hair Ties
- Sunscreen/ Moisturizer
- Dry Shampoo
- Deodorant

Clothing

- Bathing Suit
- 1-2 Going out outfits
- Zip Up Hoodie
- 1-3 Short Sleeve Layers
- 2 Long Sleeve Layers
- 1 Pair of Tights or Wicking Sweat Pants
- 1-3 Bottoms (Pants or Shorts)

Electronics

- Portable Cell Phone Charger