



**Wiregrass Ranch High School  
2909 Mansfield Blvd  
Wesley Chapel, FL 33543  
813-346-6000**

12 September 2018

**EQUIPMENT LIST**

A. Required Equipment

- 1) Headgear
- 2) Wrestling shoes
- 3) Running shoes

B. Additional Equipment (not required but wrestler may want to acquire)

- 1) Equipment bag
- 2) Mouth piece
- 3) Water bottle
- 4) Equipment bag
- 5) MP3 Player or ipad w/earbuds
- 6) Knee pads (as needed)
- 7) Elbow pads (as needed)
- 8) Wet wipes

C. Extra Items (not required but wrestler may want to keep on hand)

- 1) Spare head gear
- 2) Spare wrestling shoes
- 3) Extra t-shirt
- 4) Extra shorts
- 5) Extra underwear
- 6) Extra socks