

Hygienic Items (Recommended):

The items below are for reference only. We do not endorse any specific product.

- 1) We recommend you purchase a skin conditioning product (foam or spray) that can be applied to the wrestlers’ skin prior to practice and prior to a wrestlers’ first match at tournaments. These products are designed to provide a barrier of protection between the wrestlers’ skin and the mat.

- 2) We recommend you purchase a disease prevention soap for your wrestler to use during the wrestling season, or while participating in any other contact sports. The soap should assist in preventing diseases such as MRSA, Ringworm, Staph, etc.

Kennedy Products	
Kennedy Body Wipes ~\$14 per container	Kennedy Skin Creme ~\$20 per can
	

Defense Products		
Defense Soap Bar (Single and Multi-pack) \$6 - \$8 per bar	Defense Body Wipes ~\$11 per container	Defense Barrier Foam ~\$20 per can
		

Additional Gear:

The items below are for reference only. We do not endorse any specific product.

- 1) Headgear is required.
- 2) All other items are optional.

Headgear (Required)			
Cliff Keen Tornado	Cliff Keen Twister	Brute	ASICS
			
Knee Pads (Optional)			
			
Cleatskins Shoe Protection (Optional)			
http://www.cleatskins.com/?SSAID=606880			
			
Cleatskin		Cleatskin on Wrestling Shoe	