

- **Double check your tee time.** Confirm this time the night before play.
- **Set alarm.** Allow plenty of time to wake up/stretch/eat, and travel time to course.
- **Parking lot warm-up.** When arrive at course, perform a few jumping jacks, windmills, high knees, shoulder rolls and shrugs before heading to the range.
- **Extra socks.** Have an extra pair in the car or golf bag in case of blisters or rain.
- **Golf shoes.** Keep an extra pair in the car.
- **Rain suit.** Always keep in bag for possible rain and for warmth.
- **Clean your clubs and grips.** Take care of cleaning clubs the night before play.
- **Mark golf balls.** Do this the night prior.
- **Snacks/beverage.** Have water bottle and at least two snacks in golf bag for starters. Refill bottle $\frac{3}{4}$ to full when possible.
- **Extra gloves.** Have 1 or 2 extra gloves in a baggie in golf bag. You never know when you might lose one or need to play in the rain.
- **Yardage book and cover.** Make sure these items are in golf bag—will not help if it is on your desk at home.
- **Clean towel** for golf bag. Use one end of towel for clubs and ball, and the other end for face or arms.
- **Rain cover.** Always keep in golf bag in case of rain.
- **Laser and extra battery.** Keep an extra battery in your bag.
- **Pencil.** Use pencil when marking scorecard.
- **Umbrella.** Bring it even when sky is blue and weather is nice.
- **Extra shirt.** Have an extra shirt on hand in case of rain, or for changing into after a hot day of play.
- **Rain gloves.** Take rain gloves out between events to dry, then return to bag.
- **Hand warmers.** Keep in bag for cold days.
- **Hats/ski hat/ear band.** Pack in a bag for the car. Be prepared. Weather can change.
- **Long sleeve dri-fit or comparable undershirt.** Layering is a good idea as weather changes.
- **Outerwear.** Lightweight and heavier outerwear are great for layering, and provide ease of motion for chilly and cold days.
- **Coins** in bag for ball markers. Empty contents of pockets into golf bag when leaving course.
- **Divot repair tool.** Place in your pocket and use. Repair your mark, and another.
- **Rule book.** Keep in golf bag.
- **Tees.** Keep plenty in golf bag and pocket.
- **Golf balls.** Start the round with around 6-12 balls, and keep extras in car.
- **Sharpie.** Keep in golf bag for marking an extra ball (with different marking) should you need to put another ball into play during a round, such as a provisional.
- **Personal confidence note.** Have one or more sentences, quote or poem to refer to when you feel stressed. May also serve as a reminder to stay in the present, check your perspective, and/or boost your confidence.