

Golf Checklist

By Campbell Rodriguez

☐ Preparation

- ☐ **Lessons** These are a definite must from either a professional, or a semi-professional player.
- ☐ **Experience** Going to a course gets your body in the habit of working out, and your body knows it.
- ☐ **Driving Ranges** These are great for working on these really long shots. Most have a putting green to work on your short game as well.
- ☐ **Equipment** Get it personally fitted. Wrong sizes can lead to blisters or worse.
- ☐ **Join a course or club** If you're planning on golfing a lot, save yourself a lot of money on fees, and join annually.
- ☐ **Exercise** At the very minimum, do some stretching beforehand; your whole body is involved in this particular sport.

☐ Equipment

- ☐ **Clubs** Be sure to get the right mix: three woods, eight irons, one sand wedge and one putter.
- ☐ **Golf Bag** Ensure that all of your clubs will fit in it, and so will all other necessary items that you want.
- ☐ **Tees** Use these to set balls up to drive down the fairway.
- ☐ **Covers** For your clubs to keep them clean and dry.
- ☐ **Divot repair tool** Use this to repair divots that are made when driving your ball down the fairway.
- ☐ **Cart** Either pull or electric, use these to get around the course more easily.

☐ Things to Take

- ☐ **Sunscreen.** Who really wants to get a sunburn?
- ☐ **Insect repellent** Bug bites are not necessary, so prevent as many of them as possible.
- ☐ **Water bottles** Walking around in the heat requires you to stay hydrated, so carry some water with you.
- ☐ **Granola bars** Whether you choose granola bars, or some type of protein bars, take a bit of food with you to keep your energy level up.
- ☐ **Cell phone** Just in case something happens to you, or your partner, you'll have your phone to use.

☐ Clothing to Wear

- ☐ **Caps** Whether these are floppy, like a fishing hat, or stiff, be sure to have one that can be worn to shade your eyes so you can see what you're doing.
- ☐ **Shorts** Typically, golf shorts are worn long - a bit above the knees, sometimes in the middle of the knee.
- ☐ **Shirts** Most golfers have their own personal styles that they like, but many golf courses do tend to have a dress code insisting on collars at the very least.

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- ☐ **Pants** Dress pants are required by golf courses typically during a tournament, but not always.
- ☐ **Shoes** Golf shoes have cleats similar to a baseball shoe on them - and ensuring that they fit correctly is very important so that they don't work against the player during the game.
- ☐ **Safety**
 - ☐ **Weather** Pay attention to it, and if there's bad weather coming, be sure to consider that when getting ready to play your game.
 - ☐ **Safety in numbers** Staying in a group will always make things safer for any player, especially if playing on an unfamiliar course.
 - ☐ **Staying hydrated** Keeping that handy water bottle or vitamin drink nearby will keep your body from reacting badly to excessive heat.