

# 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.

- 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.