

# Required Equipment

Basic wrestling equipment includes

**Headgear** : can prevent outer ear injuries and bruises during practice and competition.

**wrestling shoes**: offer more ankle support than the traditional shoe and are designed lightweight and tight to the foot to promote freedom of movement.

**a singlet** (provided by MLHW): It is the standard wrestling uniform designed to fit snug to the body so that it does not restrict the movement of either wrestler or give either wrestler the advantage of pulling on their clothing. They normally wear compression shorts, boxer briefs, and cups underneath their singlets.

**Kneepads** are sometimes worn by choice. (optional for MLHW)