



SHOPPING LIST

Everything the guide asks you to buy. Show Me is cheap on purpose: the expensive part is the discipline, and that is free.

SHOW ME KIT

- ☐ Analog alarm clock, battery powered, so the phone can sleep in another room. **About \$20**, less at Kmart. → SLEEP
- ☐ *Mindset* by Carol Dweck, your first book. **About \$20**, or free from the library. Audiobook counts. → MINDSET
- ☐ Heart rate monitor for zone 2 runs. **About \$30**. → S&C
- ☐ Phone tripod to record your rounds. **About \$15** from Kmart. → TECHNICAL
- ☐ Basic flip phone, only if the smartphone is the problem. **About \$100**. → SLEEP
- ☐ A resistance band for warm-ups and prehab. → S&C
- ☐ A small notebook for your mat bag, for your training log after every session. → JOURNAL

SKIN AND GEAR

- ☐ Disinfectant body wash: [Microshield 4 Chlorhexidine Surgical Handwash](https://www.chemistwarehouse.com.au/buy/50102/microshield-4-chlorhexidine-surgical-handwash-500ml) (<https://www.chemistwarehouse.com.au/buy/50102/microshield-4-chlorhexidine-surgical-handwash-500ml>), 500mL, from Chemist Warehouse. **About \$26**. ([Microshield 2](https://www.chemistwarehouse.com.au/buy/59635/microshield-2-chlorhexidine-skin-cleanser-500ml) (<https://www.chemistwarehouse.com.au/buy/59635/microshield-2-chlorhexidine-skin-cleanser-500ml>) is the gentler option, about \$21.) → SKIN
- ☐ Stock GB gi (no patches) and a GB belt. A spare gi for big events. → TEAM STANDARDS
- ☐ GB rashguard and shorts for NoGi. → COMP DAY
- ☐ Red GB competition T-shirt or red GB hoodie for comps. → TEAM STANDARDS
- ☐ Thongs or slides for off the mat. → SKIN
- ☐ Strapping tape and a few waterproof dressings. → SKIN
- ☐ A separate bag for sweaty gear. → SKIN
- ☐ Your own towel and your own drink bottle. → SKIN
- ☐ Mouthguard and nail clippers. → COMP DAY
- ☐ Earphones, with your music downloaded so the phone stays closed. → COMP DAY

FOOD AND SLEEP

- ☐ Food for your plan: the same breakfast and dinner every day, plus pre-training snacks. You buy it yourself. → DIET
- ☐ Easy wins for the pantry: pre-cooked rice, tinned tuna, frozen veg, a rotisserie chicken. → DIET

- | | |
|---|---------|
| ☐ Electrolytes, for long, hot or double sessions only. | → DIET |
| ☐ Blackout blinds or a sleep mask, if your room isn't dark. | → SLEEP |
| ☐ Earplugs or a white noise machine, if your room isn't quiet. | → SLEEP |

PRO, LATER

- | | |
|--|-------------|
| ☐ A sleep tracker, so you know your real hours. Around \$85 and up. | → SLEEP |
| ☐ Submeta subscription, roughly US\$20 to \$25 a month, once you're finishing the free Worlds blocks. | → TECHNICAL |
| ☐ One instructional per focus block (about US\$100 to \$200 each). Finish and use one before buying the next. | → TECHNICAL |
| ☐ Money set aside for physio, so cost never stops you going. Ice baths, saunas and cold plunges are optional extras at this level, not needed on Show Me. | → RECOVERY |

SHOW ME TOTAL

Dietitian consult (see Bookings)	\$150 to \$300
Heart rate monitor	\$30
Alarm clock	\$20
<i>Mindset</i> , the book	\$20
Phone tripod	\$15

TOTAL	ABOUT \$235 TO \$385
--------------	-----------------------------

Plus about \$100 for a flip phone, only if the smartphone is the problem.
Training fees, comp entries and travel are on top, as they are now.