



CHECKLIST

Pre-session grip checklist for sweaty hands

- ☐ Wash hands two hours before with plain soap and dry thoroughly.
- ☐ Apply antiperspirant to clean palms the night before if needed.
- ☐ Pack two microfibre towels, one for hands and one for the pole.
- ☐ Set up a small fan to direct airflow across your hands between sets.
- ☐ Apply liquid chalk before warming up, or keep powder chalk in reach.
- ☐ Wipe hands and pole before every attempt that matters.
- ☐ Use chalk first, then a small amount of resin on contact points.
- ☐ Clean the pole after the session, not during unless it feels slick when dry.