

TIDE & TRAIL

St. Pete Open Prep Checklist

Tournament week from Tifton (~5.5 hr drive)

Week before

- Confirm entry / registration / captain plan
- Book lodging early (St. Pete / Clearwater / Tampa edges)
- Service gun bands, tips, reel/float line
- Print or save tournament rules + species rules
- Fitness: finning endurance + sleep schedule shift
- Pack backup mask, spare bands, measuring gear

Travel day

- Leave with buffer (use [tools.html](#) drive planner)
- Full ice plan for multi-day weigh-in logistics
- Documents: license, boat regs, entry confirmation
- Recovery: water, food, not only adrenaline

Tournament mindset

- Legal fish in the box beats hero dives
- Know bag/size cold — no arguments at weigh-in
- Big Bend patience is not tournament pace — train decisions
- Hydrate between dives; respect surface intervals

After

- Note what broke / what to upgrade
- Photo + short write-up for next year's report
- Rest before next Forgotten Coast weekend

Guide: primalpursuitoutdoors.com/guides/st-pete-open-guide.html

primalpursuitoutdoors.com · Verify FWC rules before every dive. Not legal advice.