

# Competition Must-Haves

## what to pack for all skaters

### Essentials

<b>Skates.</b>	Both of them. Make sure they are yours.
<b>Tights</b>	& clear nail polish
<b>Costumes</b>	Plus appropriate undergarments
<b>Showcase</b>	All the things
<b>Warmup</b>	Jacket and gloves
<b>Hard Guards</b>	Labelled
<b>Soakers</b>	And a blade cloth
<b>Hair supplies</b>	Spray, bobby pins, hairties, net, comb, brush.
<b>Makeup</b>	Your usual kit plus some sparkle
<b>Backup music</b>	Remember a dongle if necessary
<b>Medications</b>	If you are flying, keep these in your carry on!
<b>Competition Schedule</b>	Highlighted

### Good to have

<b>Team jacket</b>	If you have one
<b>Blanket(s)</b>	One for every person in your party
<b>Spare laces</b>	Or a fresh pair
<b>Spare tights</b>	(and remember the clear nail polish)
<b>Running shoes</b>	For off-ice prep
<b>Snacks</b>	Make sure they are 'clean', tried and tested
<b>Scissors</b>	Because you never know
<b>Sewing kit</b>	Even if you only bring safety pins, bring those.
<b>Accessories</b>	Earrings, scrunchies, hair jewels, props
<b>Period products</b>	Whether you think you need them this time or not
<b>Water Bottle</b>	With stickers, so you know which one is yours :)
<b>First Aid kit</b>	Meaning, a skater's kit - Moleskin, instant cold pack, wipes, band-aids, athletic tape, pain relievers, personal meds

### Extras

<b>Double-sided tape</b>	All kinds of mishaps benefit from DST.
<b>Occupying spare time</b>	Charged cellphone, book, headphones, device for waiting.
<b>Yoga mat/ jump rope.</b>	Only if you usually use these things (don't start at comp)
<b>Tools</b>	Screwdriver, magnet, spare blade screws, flashlight
<b>Makeup remover</b>	Well, we did say 'extra'
<b>Tossies</b>	Optional - see below
<b>Handwarmers</b>	You'll be glad if you do
<b>Lint Roller</b>	You <i>might</i> be glad if you do.

**A Note About Locker Rooms** (which may or *may not* even be available.) If you do have access to a locker room, they can get crowded, hectic, and loud. Best practice is to arrive as ready dressed as possible in case the locker rooms are unavailable or uncomfortable.

**And finally, tossies . . .** tokens of appreciation that fans/skaters give to performers after they skate. At some competitions spectators toss them (hence the name "tossie") onto the ice. Tossie culture varies at different competitions so be sure to "read the room" and go along with what other spectators are doing. Also, Tossies can't be breakable or take time to clean up. They must be appropriately sized so the skater can easily carry it off the ice themselves. A small stuffed animal is a great choice.

*Please consider your skater's state of mind before you decide to toss something. A skater who had a not-so-good skate won't want to spend even more time out there picking up toys. Be kind, let them exit the ice as quickly as possible, and then give them the tossie when they are off the ice to show how super proud you are. Remember some competitions do not allow tossies, so comply with competition rules.*