

Competition Must-Haves

what to pack for all skaters

Essentials

- Skates.
- Tights
- Costumes
- Showcase
- Warmup
- Hard Guards
- Soakers
- Hair supplies
- Makeup
- Backup music
- Medications
- Competition Schedule

Both of them. Make sure they are yours.

& clear nail polish

Plus appropriate undergarments

All the things

Jacket and gloves

Labelled

And a blade cloth

Spray, bobby pins, hairties, net, comb, brush.

Your usual kit plus some sparkle

Remember a dongle if necessary

If you are flying, keep these in your carry on!

Highlighted

Good to have

- Team jacket
- Blanket(s)
- Spare laces
- Spare tights
- Running shoes
- Snacks
- Scissors
- Sewing kit
- Accessories
- Period products
- Water Bottle
- First Aid kit

If you have one

One for every person in your party

Or a fresh pair

(and remember the clear nail polish)

For off-ice prep

Make sure they are 'clean', tried and tested

Because you never know

Even if you only bring safety pins, bring those.

Earrings, scrunchies, hair jewels, props

Whether you think you need them this time or not

With stickers, so you know which one is yours :)

Meaning, a skater's kit - Moleskin, instant cold pack, wipes, band-aids, athletic tape, pain relievers, personal meds

Extras

- Double-sided tape
- Occupying spare time
- Yoga mat/ jump rope.
- Tools
- Makeup remover
- Tossies
- Handwarmers
- Lint Roller

All kinds of mishaps benefit from DST.

Charged cellphone, book, headphones, device for waiting.

Only if you usually use these things (don't start at comp)

Screwdriver, magnet, spare blade screws, flashlight

Well, we did say 'extra'

Optional - see below

You'll be glad if you do

You *might* 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.