

# Competition Must-Haves

## what to pack for first timers

01

### Skates.

It might seem obvious to bring your skates to your competition, but sometimes it's best to triple check you brought them. We have seen skaters arrive for competition without their skate bag, with an empty skate bag, and even with their own right skate and their friend's right skate. Make direct eye contact with your skates before leaving the house!

02

### Costume/s and tights.

Ditto! Also, bringing spare tights in case of emergency is good if you have some, because if there's any time your tights will decide to ladder, it's at competition.

Pro Tip: Bring a bottle of clear nail polish and at the first sign of a hole or tear, APPLY! You may be in time to prevent the inevitable spread

03

### Hard Guards.

Often rinks have areas without mats on the floor, meaning you'll need your hard plastic guards for getting around. Make sure to label them with your name - someone else will have similar ones!

04

### Warmup jacket.

There's no telling how cold the competition rink may be, so take your club jacket to skate your program warmup ice in. If you don't have a club jacket, a close-fitting jacket that zips will work. No hoodies! They mess up your hair and makeup when removing. It's best if jackets are clean and not covered with a giant hot chocolate stain from the last competition.

Bonus: if you wear your club jacket, you can show off your team spirit!

05

### Gloves

Ideally a matching pair that's not full of holes :)

06

### Copy of the competition schedule (with your events highlighted)

This is essential. If you're in a rush, the last thing you'll want to do is search for your event (out of hundreds) to find out what time you're on.

Pro tip: Plan to be at the rink in your costume 1 hour before your warmup is scheduled to go on because while competitions are reputed to run late, they also run inexplicably early!

07

### Charged cell phone!

Be sure to have room for photos/videos! Remember the golden rule at skating competitions – take video or photo ONLY of your own skater. You may also need to check online results or use your phone as a backup music source (be ready to plug it into a 3.5mm audio jack).

08

### Blankets.

Skaters often like to self-wrap in a small fleece blanket between events (don't bring the duvet!) and parents, you'll appreciate a blanket to sit on in the stands (and to save your seat.) Metal bleachers are hard and very cold! Not at first, but after an hour of sitting still. Seriously. In fact, pinky promise.

09

### Snacks.

Per your individual comp schedule, you may be at the rink for long stretches. Messy snacks could stain costumes (side eye to cheetos, takis, and super bright colored sports drinks). Bring familiar snacks; tummies sometimes get upset before performances and a quick bite can be helpful. Fruit, string cheese, trail mix, jerky, or granola bars work for many skaters.

10

### Make up and hair

Practice before the comp! Skaters usually benefit from the confidence that feeling good about their appearance brings, so know what you'll need to make that happen. If the make up look is new, try it out. If you're trying an Instagram hairstyle, know how long it will take, and what accessories you'll need. Gather everything in a ziplock right after your practice, and drop it in your comp bag.