



## Packing List for Travel in Competition Season: Girls

### **Uniform**

- Jacket
- Pants
- Leotard
- Gym bag
- Briefs
- Bra (Beige, preferably)

### **Gear**

- Grips
- Wristband
- Rubber bands (for grips)

### **Competition Extras**

- Wrist guard
- Ankle brace
- Knee brace
- Heel pads
- Athletic Tape
- Sports bars/nuts/healthy snack

### **Medicine**

- Ibuprofen (or whatever pain reliever you prefer)
- Icy Hot

### **Floor music (CD or mp3 player)**

- Keep a copy of your music on your phone! A good failsafe

### **Other**

- Gym t-shirt and socks
- Bobby pins
- Hair ties
- Scrunchies
- Hair spray
- Hair brush
- Nail polish remover (illegal to wear nail polish in competition!)
- Earring box to put your earrings in (also illegal to wear in competition!)
- Butt glue

### **What not to wear!!!!**

- Nail polish
- Earrings (one pair of studded earrings is allowed)
- Jewelry in general