



## Competition Checklist

✓	ITEM	QTY
	Skates	
	Hard Guards, soft guards, blade towel	
	Spare laces	
	Dress(es) for each event (or pants/shirt for men)	
	Tights (plus extra)	
	Undergarments & bras	
	Band-aids, blister guards, KT Tape or medication	
	Practice pants	
	Club jacket/warmup jacket	
	Skate Gloves	
	Hair ties, bobby pins, hair spray, gel	
	Makeup & makeup remover	
	Tissues, hand sanitizer, other personal products as needed	
	Comfortable post-competition clothing	
	Comfortable sneakers & socks	
	Water bottle	
	Membership card or copy	
	Emergency repair kit	
	Spending money for concessions, souvenirs, photos	