

# SKATER'S CHOICE



*Apparel & Accessories*

## Competition Check List

- ✓ Skates!!
- ✓ Extra laces
- ✓ Skateguards (hard and soft)
- ✓ Practice dress (if needed)
- ✓ Competition dress
- ✓ Extra copy of music (CD)
- ✓ Sweater (for warm-up)
- ✓ Gloves (for warm-up)
- ✓ Tights (2 pair over the boot or regular) NO HOLES
- ✓ Towel to dry blades
- ✓ Small screwdriver to tighten blades
- ✓ Hairspray or gel
- ✓ Make-up
- ✓ Earrings
- ✓ Brush
- ✓ Rubber bands for hair
- ✓ Clip barrettes (no bobby pins allowed in competition)
- ✓ Clear strap for bras
- ✓ Cotton balls/Kleenex
- ✓ Makeup remover for after performance (if desired)
- ✓ Camera - Please send us some for our blog
- ✓ Smiles and Confidence!!!
- ✓ Nail polish remover or rubbing alcohol (to remove scuffs from skates if you don't have over the boot tights)
- ✓ Have skates presentable, check laces & tighten screws on blades
- ✓ NO HOLES OR RUNS IN TIGHTS! If so, use another pair!
- ✓ Label everything (inside of dress, skates, etc.)
- ✓ No eating or drinking in once you are in your dress