

# Competition Checklist

- Leotards
- Under leotard
- Toe shoes
- All equipment
- Hair ties, bobbi pins and other hair pins
- Hair spray
- White socks
- Tracksuit
- Make up
- Music (the CDs your coaches gave you)
- Snacks
- Water
- Sweat towel
- Medicines
- Band aids
- Strapping tape if required