Packing List

This is an example check list of what to pack
for a four day trip including travel days.

When traveling, always put as many things into zip-lock bags as possible. This can save cleaning up spilt hair products, save leotards and apparatus, and it keeps things organized.

Clothes

- tracksuit
- runners
- boots
- warm jacket
- hat/gloves
- 1 sweat shirt and sweat pants
- pajamas
- extra outfit
- banquet outfit - a nice party outfit/shoes is <u>only necessary when a banquet is being offered at a particular event (check with your coach)</u>
- T-shirts
- socks (white) x5

Competition

- black training shorts
- black tank, colored tank and team t-shirt
- competition leotard(s)
- toe shoes/socks (x2) (if you use them)
- apparatus (only bring your rope PLUS the apparatus the you compete) *you need spares if you compete rope, hoop, clubs, ribbon/stick
- flip flops (can be slipped on over toe shoes for bathroom trips)
- safety kit (as per the Gym Safety Kit page)
- competition music (Individual CDs, your all music back-up CD AND the set of spare CDs that you have made and labelled yourself)
- mP3 player with your current RG routine on it music
- knee pads (if you need them)
- trail mix and energy bar
- training notebook/duo-tang for notes, routine reminders and scripts

Hair/Make-up

- elastics
- bun pins
- bun nets
- hairspray
- gel
- curling iron (if you need one)
- clips
- brush
- toothbrush/paste
- blush
- mascara
- lip-stick

Miscellaneous

- Pillow (only if needed)
- sleeping bag (only if needed)
- 1 small stuffed animal
- any personal meds/vitamins*c
- spending $ is to be given to the girls in appropriate funds (the amount that parents deem fit). Athletes often like to buy a competition T-shirt/ program as well as a few other little souvenirs.
- small travel games/cards/small crafts
- books
- camera
- homework (please photocopy needed pages from any heave textbooks)

Travel Insurance: Whenever traveling outside Canada, it is the responsibility of each family to purchase any out of country medical insurance that they want for their child. I strongly recommend getting coverage for the days away plus 2 days in case of emergency (delayed/canceled flights, bad weather etc.) If you decide not to purchase it, please be aware that any and all costs that may be incurred for any medical reasons on behalf of your child remain the sole responsibility of the family. Some parents all purchase out-of-Province medical. This is a family decision for out-of-province. It is required for out-of-country.

NEVER FORGET: the required travel consent form, BC Care Care and if traveling internationally your passport!