Competition Day Checklist

The night before

- [ ] Confirm your warm-up and skate times
- [ ] Music ready (check the event's music rules)
- [ ] Dress, tights and boot covers laid out
- [ ] Skates checked, laces in good shape
- [ ] Bag packed (use the Rink Bag list too)

Outfit

- [ ] Competition dress or outfit
- [ ] Tights, plus a spare pair
- [ ] Boot covers, if you use them
- [ ] Warm-up jacket and pants
- [ ] Skate tape for laces and boots

Hair and extras

- [ ] Hair kit (nets, pins, elastics)
- [ ] No-crease hair ties
- [ ] Water and an easy snack
- [ ] Something to do while you wait

On the way out the door

- [ ] Guards ON your blades
- [ ] Soakers and towel in the bag
- [ ] Entry confirmation and directions to the rink