

BOYS FIGURE SKATING COMPETITION CHECKLIST

ON-ICE ESSENTIALS

- Skates + guards/soakers
- Spare laces
- Primary costume (pants/shirt)
- Backup black pants & shirt
- Velcro straps for pant hems

FOOD & HYDRATION

- Breakfast snack (bagel, oats, granola bar)
- Fruit (bananas/apples)
- Protein bar/shake
- Trail mix / sandwich
- Water bottle + electrolyte packets

WARM-UP GEAR

- Sneakers
- Jump rope
- Resistance bands
- Foam roller/massager
- Coach's binder (if provided)

LOGISTICS

- Printed schedule
- Music backup
- School ID/passport for travel
- Hotel/travel confirmations
- Emergency contacts & insurance info

COMFORT & ENTERTAINMENT

- iPod/phone with playlist
- Handheld console or book
- Noise-cancelling headphones
- Warm-up jacket & hoodie
- Slippers or easy shoes

GROOMING

- Comb + hair gel/mousse/spray
- Deodorant
- Face wipes
- Lint roller
- Travel-size skincare

EMERGENCY KIT

- First aid kit (including band-aids, blister pads, and pain relievers)
- Prescription medications
- Hand sanitizer and disinfecting wipes
- Sewing kit + safety pins
- Extra black socks



Print and tape this checklist inside your skater's bag. Double-check the night before competition day!

