

Gymnastics Meet Packing List

Four hours of session, six minutes of competing.

COMPETE

- Competition leo (confirmed right one)
- Team warmups
- Grips + wristbands
- Backup grips
- Athletic tape + pre-wrap

HAIR & BETWEEN EVENTS

- Gel, spray, pins, elastics
- Team scrunchie or bow
- Slides / slippers
- Warm layer between rotations
- Small towel

CARE & FUEL

- Bandages + blister care (rips)
- Light snacks: banana, pouch, bar
- Water bottle
- Quiet thing for waiting

PARENT KIT

- Stadium cushion
- Cash for admission
- Session schedule + rotation order
- Sweatshirt (venues run cold)
- Snacks + drink for you