



## What to Wear & When to Wear It!

### **Packing List & Schedule For Level 10 Gymnasts**

#### ***2016 Dream Team***

#### **Pack In Your Suitcase- Large Rolling**

##### **Travel Bag**

- ALL Misc Items
- All clothes received at Regionals (missing items will be received at Nationals)

#### **Personal Stuff (not provided by Region 5)**

- Technology: Phone, Charger, I Pod, Camera
- Swimsuit
- PJs, Socks & Undies
- Gym Shoes
- Hair Supplies

Note: Region 5 will provide competition make-up and Bun supplies. There will be an Official "Hair & Make-up Process" prior to each session, conducted by the Coaches assigned to Hair & Make-up Duties.

#### **Pack In Your Carry On- Under Armour Backpack**

- Grip Bag- UA Drawstring Bag
- Grips
- Wristbands
- Wrist-guards
- 3 Copies of your Music

#### **Thursday- Travel Day**

- Carry on Bag- Under Armour Backpack
- No Limits Tee
- Black Capris (your own)
- Gym shoes
- Team Jacket if needed (red, white & blue embroidery on back)

#### **Friday- Breakfast, Marching Practice**

- Sequined Region 5 Black Capri's (provided at Nationals)
- Sequined Black Jacket (provided at Nationals)
- Royal "Straight Outta Region 5" Training Day T
- Gym shoes (your own)

#### **Friday- Workout (same as breakfast, plus)**

- Region 5 Tank Leo (provided at Nationals)
- Blinking Blue Glasses (provided at Nationals)
- UA drawstring bag for grips, wrist guards, tape etc
- UA Backpack- pack drawstring bag into small duffle
- MUSIC

- Region 5 water bottle
- Hair in ponytail

**Friday- Banquet** (provided at Nationals)

- Tank
- White Jacket
- Skirt
- Ribbon for ponytail
- Silver Wristlet
- Black Flip Flops/ Sandals (bring your own)

**Saturday- Competition Day** Session 1- Jr & Sr A; Session 2- Jr & Sr B; Session 3- Jr & Sr C

**Sunday- Competition Day** Session 4 Jr & Sr D; Session 5 Jr & Sr E; Session 6 Jr & Sr F

**Competing Gymnasts:**

- Region 5 Long sleeve leo (provided at Nationals)
- JO National Warm-up Jacket and Pants from GK (provided at Nationals)
- Blinking Blue Glasses
- UA Drawstring Bag for grips, wrist guards, tape
- Backpack for all items (pack drawstring bag in this)
- MUSIC
- Region 5 Water Bottle
- Hair in Bun
- Glitter Hair spray
- Tattoo (provided at Nationals)

**Saturday Non-competing Gymnasts:**

- UA Gray Shorties
- UA White Tee
- UA Gray ¼ Zip (if needed)
- Gym shoes (your own)

**Sunday Non-competing Gymnasts:**

- UA Black Shorts
- UA Royal T
- UA Gray ¼ Zip (if needed)
- Gym shoes (your own)

**Monday- Travel/Lounging**

- White Sequined Tee (provided at Nationals)
- Black Capris (your own)
- Dream Team Jacket (if needed)
- Gym shoes (your own)