## PACKING CHECKLIST

ALL YOU NEED IS LOVE your uniform.

| Clothings   | Beauty essentials  |
|---|--|
| UNIFORM   | ☐ BRUSH / COMB   |
| ПТОР  | ☐ BOW / HAIR CUFF  |
| □ВОТТОМ   | HAIR TIE   |
| SPORTS BRA  | ☐ BOBBY PINS   |
| □ SOCKS   | ☐ HAIR SPRAY   |
| CLEAN SHOES   | □ STRAIGHTENER   |
| ☐ PRACTICE WEAR   | CURLING IRON   |
| COMFY CLOTHES   | ☐ MAKE UP  |
| ☐ HOODIE / JACKET   | ☐ MAKE UP WIPES  |
| SWEATPANTS  | □ DEODORANT  |
|   |  |
|   |  |
|   |  |
| Emergency   | Miscellaneous  |
| Emergency  MEDICATIONS  | Miscellaneous  WATER   |
|   |  |
| MEDICATIONS   | ☐ WATER  |
| ☐ MEDICATIONS ☐ PAIN KILLERS  | ☐ WATER ☐ SNACKS   |
| ☐ MEDICATIONS ☐ PAIN KILLERS ☐ TAPE   | ☐ WATER ☐ SNACKS ☐ MONEY   |
| ☐ MEDICATIONS ☐ PAIN KILLERS ☐ TAPE ☐ BANDAGES  | <pre>     WATER     SNACKS     MONEY     LUCKY CHARMS </pre>   |
| ☐ MEDICATIONS ☐ PAIN KILLERS ☐ TAPE ☐ BANDAGES ☐ PLASTERS   | <pre>     WATER     SNACKS     MONEY     LUCKY CHARMS     MASCOT     MASCOT</pre>                                    |
| ☐ MEDICATIONS ☐ PAIN KILLERS ☐ TAPE ☐ BANDAGES ☐ PLASTERS ☐ PADS OR TAMPONS   | <pre>     WATER     SNACKS     MONEY     LUCKY CHARMS     MASCOT     MOBILE </pre>                                   |
| ☐ MEDICATIONS ☐ PAIN KILLERS ☐ TAPE ☐ BANDAGES ☐ PLASTERS ☐ PADS OR TAMPONS ☐ INSTANT ICE PACKS   | <pre>     WATER     SNACKS     MONEY     LUCKY CHARMS     MASCOT     MOBILE     HEADPHONES</pre>                     |
| <pre>     MEDICATIONS      PAIN KILLERS      TAPE      BANDAGES      PLASTERS      PADS OR TAMPONS      INSTANT ICE PACKS      TWEEZERS</pre> | <pre>     WATER     SNACKS     MONEY     LUCKY CHARMS     MASCOT     MOBILE     HEADPHONES     MOBILE CHARGER </pre> |

There is even more!

Want to print out our checklist as often as you like?
See VARSITY-EUROPE.ORG/COACHESPLANNER for a downloadable
& free version in English & German and even more extras!