



GYM BAG REQUIREMENTS

You **MUST** bring a complete gym bag to **EVERY** practice and/ or competition.

Workout Requirements

GYM BAG

Grip Bag & Contents

Dowels (Level 6 & Up)
Tape/ Underwrap
Clippers
Extra broken in dowels

Personal Care Products

Brush AND Comb
Spray bottle (for water)
Gel/ Grease
Hair rubber bands
Hair Clips
Extra Scrunchie (Optional)
Hand Lotion/ Sanitizer
Band-Aids
Monthly personal items

Workout Necessities*

Jump Rope
Weights
Water Bottle(s)
Deodorant
HEALTHY SNACK
***These items MUST be in locker during workout**

Attire

EXTRA LEO (MUST FIT)
Sports Bra
T-Shirt
Shorts/ Sweats
Shoes*
***Gymnasts MUST have good running shoes**

Positive Attitude & a SMILE!

Competitive Requirements

Pacific West Gym Bag

Competitive Attire

Competition Leo & Scrunchie
Warm Up Leo & Scrunchie
Trunks/ Sports Bra (if needed)

Team Sweats

Team Shirt

Team Shoes

CLEAN ALL WHITE socks

Team Grip Bag & Contents

Dowels

Tape/ Underwrap

Clippers for rips

Extra broken in dowels

Personal Care Products

Brush AND Comb

Spray Bottle (for water)

Gel/ Grease

Hair rubber bands

Hair Clips

Hand Lotion/ Sanitizer

Band-Aids

Monthly personal items

Fingernail Polish Remover

EXTRA hair nets & Bobby

Pins

Healthy Snack

Water Bottle(s)

Optional Items

Pen or Pencil

Notepad