

# Equipment for the camp

## On-ice

- Warm, layered clothing for on-ice trainings (the rink is cold)
- 2-3 pairs of gloves (one pair doesn't always dry fully in between the sessions)
- Skate guards
- Padded shorts for those who normally uses them
- Bunga Pads and other silicone or foam padding for the skating boots, if necessary
- Extra laces
- Headbands, if normally in use
- Blister bandaids if necessary

The skaters can keep their skates and other equipment in the dressing rooms throughout each camp week.

## Off-ice

- Jump rope
- Spinner
- Elastic band
- Running shoes
- Light clothing for warm weather or classes in the hallway of the rink (gets very hot)
- A baseball cap or anything else to cover the head in the heat outside
- Yoga block for those who have one
- A tennis ball, stress ball or a light massage ball (does not need to be bouncy)
- Training mat that is easy to carry around
- Sunscreen and mosquito spray recommended

## Ballet/Dance

- Slim fitting shorts
- Soft ballet shoes recommended (socks work too, but they are less comfortable)

## Notes on uniform

**Hair:** Hair must be put away neatly in a bun or a short ponytail. Please pack enough hairties, hairclips and hairspray if necessary. Please train with your child to make neat updos.

**Multiple clothing sets:** Please use different training outfits for on-ice sessions and off-ice classes.

**Sleek training clothes:** Please wear appropriate skating clothes. Avoid baggy styles.

**Skates:** Please check that the boots and blades are in good condition before the camp. Sharpen the blades before the camp if necessary, and please change laces before the camp.

**Gala:** Please take a competition costume or other appropriate outfit for the performance at the gala on week 4.

**Name tags:** I recommend marking each piece of equipment with the skater's name or initials.

**Footwear:** To keep the locker rooms clean and let the feet rest from tight shoes, please consider taking and using a pair of slippers at the rink.

