

As a student of Physical Culture, there are some extra necessities you will need for competition time. The following list has been compiled so that you may begin to collect and store these items, ready for when they are needed. Each girl must have their own set of items. We suggest having a designated “physi bag” with these items, if you do not already have one.

- Hair
 - Hair rollers
 - ☒ Hot sticks, “bendy” rollers, curling irons or any other curling method may be required for teams.
 - Hair elastics to match your hair
 - Bobby Pins to match your hair (as close as possible)
 - Please be prepared with a LOT of bobby pins. We suggest no less than 200 PER GIRL, as they get lost and damaged throughout the year.
 - Hairspray
 - There are many cheap varieties that come in large cans. Please invest in a larger can, as it will last you at least two years, if not lost.
 - Hair brush
 - Teasing comb
 - Even if someone else is doing your child’s hair, their own comb is ESSENTIAL, due to hygiene reasons.
- Makeup – **13+ years old only.**
 - Liquid Foundation matching your individual skin tone.
 - Loose Powder matching your liquid foundation.
 - Natural coloured blush (dull pink AND brown)
 - Bronzer
 - Black liquid Eyeliner and Black Mascara
 - Natural Brown Palette of eyeshadow (at least 4 different browns)
 - Coloured eyeshadow can be hard to match, it is best to stick to neutral browns/greys, then a shimmer or glitter with colour to lift.
 - Lipstick (to match champion girl leotard)
 - As it comes closer to teams, Nikki and I will source a lipstick colour for your girls so that we all have the same colour. Please have a lip brush for these competitions.
 - Brushes for all applications – eyeshadow (brush, not smudging stick), blush, loose powder, lip etc.
- Miscellaneous
 - Ballet Shoes
 - Champion Girl leotard.
 - Skin coloured underwear
 - Convertible strapped skin colour bra (Essential for 13+, or as needed)
 - Water bottle
 - Fishnet stockings - (Essential for 13+ or as needed)
 - For teams we will be sourcing stockings that are all the same colour. You may purchase your own if you wish to have a different colour for champion girl.
 - Optional:
 - Soft bristle hair brush (useful for smoothing ‘bouff’s’)
 - Sweat towel
 - Clear Bra Straps
 - Champion Girl hair decorations
 - Please refrain from buying large flowers, bows and coloured items, as they tend to distract from the girls work. Smaller silver or gold items that give a little bit of glitter, or small bows/flowers made from left over lycra to the hair are always better