Gymnastics Meet Hair Checklist

Meet morning timeline and kit checklist

Meet morning timeline (6 steps)

- [ ] **1.** The night before: wash if needed, detangle, and pack the kit.
- [ ] **2.** About 60 minutes before you leave: set out the kit and dampen the hair lightly.
- [ ] **3.** About 45 minutes before you leave: part the hair and build the base ponytails, braids, or puffs.
- [ ] **4.** About 30 minutes before you leave: finish the bun or braid, pin, net, and add the scrunchie or ribbon.
- [ ] **5.** Just before you leave: shake test, gel any flyaways, and a light mist of hairspray.
- [ ] **6.** At the gym: check for loose pins after warm-ups and after each rotation.

Meet day hair kit

- [ ] Snag-free hair ties, plus a few spares
- [ ] About 20 bobby pins in the gymnast's hair color
- [ ] Team scrunchie or ribbon, if allowed
- [ ] Travel-size hairspray
- [ ] Spray bottle of water
- [ ] Small clear hair ties for bubble braids
- [ ] Hair net for buns
- [ ] Gel or edge cream
- [ ] Paddle brush and a rat-tail comb
- [ ] Satin scrunchie or bonnet for the drive home

Quick checks before the bus

- [ ] Hair off the face and out of the eyes
- [ ] Bun or braid passes the shake test (a few hard nods and side turns)
- [ ] No jewelry except what your rules allow; check with your coach or meet info packet
- [ ] Style feels snug, never painful. If it hurts, loosen it.

High bun reminder (7 steps in the article)

Detangle, gel, ponytail, twist or braid, pin with about 6 to 8 bobby pins,
add net and scrunchie or ribbon, then shake test and a light mist of hairspray.

Meet Hair Style Picker and Log

Pick a style by length and texture, then track what held up

Style picker by length and texture

Hair length or texture	Best meet styles	Hold tip
Long hair	Braided high bun or 2 buns	About 6 to 8 pins per bun plus a net
Shoulder length	Bubble braid ponytail or 2 Dutch braids	Tie every 2 to 3 inches; pin the ends up
Short hair	2 to 4 mini twists or braids pinned back	Gel the edges; add a soft headband if allowed
Thick hair	2 buns or a braided low bun	Jumbo pins; split the weight
Curly or coily hair	2 puffs, flat twists, or Dutch braids	Detangle damp; loose at the hairline

Tight styles worn often can cause traction hair loss (AAD). Loosen at the hairline, keep braids in no longer than 6 to 8 weeks, and talk to your doctor or a dermatologist if you notice pain or thinning edges.

Style log

Date	Meet	Style	Pins	Held?	Notes
				☐ yes	
				☐ yes	
				☐ yes	
				☐ yes	
				☐ yes	
				☐ yes	
				☐ yes	
				☐ yes	
				☐ yes	