

## NOVA - Hair Gelling Shopping List

### Necessities:

Note: the amount listed is what you need each time you put up the hair.

1. Gel container (Tupperware or other small container)
2. Mini whisk or spoon/fork for mixing gel
3. Small paint brush / silicone BBQ brush / hair dyeing brush
4. Hair brush
5. 3-4 packs of Knox gelatin
6. 1 big hair elastic for a tight ponytail
7. 3-4 hair elastics for braiding hair (can be smaller)
8. 15-20 hair pins
9. 10-20 bobby pins (especially if have a head piece or bangs)
10. 1 hair net (the thinner ones for dance buns)

### Other Optional Items:

- Kettle to make hot water (Liz & old swimmers also bring kettles to share.)
- Head piece/bun cover (If your team has one. Your coach will let you know.)
- Pineapple juice can help take out the gel! Shampoo, conditioner & hot water also works by itself.
- Hair comb - some swimmers like to comb in the gel.
- Hair clips - if your swimmer has bangs or lots of short hair at the back of their head, this can be helpful.
- Hair donut - if your swimmer has really short hair, they can use this to make a bun.
- Essential oils - to help with the smell of gel. Avoid peppermint as it makes the head feel cold.

