

Knoxing supply list

-Knox (plain gelatin, can be found with dry Jello). Approximately 3 packets (from a box of 4) will need to be used for each full application. Do not attempt to use flavored Jello, as it will not dry properly.

-boiling water

-hair elastics

-bobby pins (potentially most of a full set that comes on cardboard)

-hair net

-optional: bun donut/ fake bun

-comb

-paint brush or similar

-cup or container that can handle boiling water

-optional: spoon to stir with. You can also use the comb.

-a towel for the neck, to catch drips. You don't want to use a nice one.

Tutorials

<http://anasynchro.blogspot.com/2015/02/how-to-knox-hair-for-synchronized.html>

<http://synchrowim.isport.com/synchronized-swimming-guides/how-to-gel-your-hair-for-a-br-synchronized-swimming-competition>

<https://www.youtube.com/watch?v=3DXGjLghRF0>

<https://www.youtube.com/watch?v=hojtnnw3iZQ>

General packing list for competitions with routines:

- extra Knoxing supplies, just in case we need to reapply (Knox packets, bobby pins, comb, paint brush, cup)
- noseclips (2 pairs)
- goggles (for figures only)
- plain black suit, plain white cap (in good condition, no dying elastic or yellowing caps)
- routine suit, headpiece
- Boston Synchronswim shirt, black pants/leggings
- deck shoes/sandals/flip flops
- towel or towels
- makeup and brushes/applicators (waterproof black mascara, pink lipstick, pink eyeshadow)
- optional: water and snacks.

Remove all nail polish and jewelry, including earrings.