



JAPAN PACKING CHECKLIST

AGG USA Delegation • November 2026

Parents

- USA cheering gear
- USA apparel
- USA flags

Coaches

- National team suit
- Other USA apparel
- Full-size USA flag
- Team flag
- Portable speaker
- AGG USA slides

Clothing

Team Apparel

- National Team Suit (Jrs/Srs)
- International Children's Suit
- Team Vest
- Club/Team warm-up suit
- AGG USA Leg warmers
- Autumn Cup Back warmer
- Hand sanitizer
- Masks

Note: National team & children's suits are only for scheduled days.

Training & Warmup

- Tops for training (per schedule)
- Leggings (capri or longer)
- New white socks – 10 pairs
- Other USA apparel (matching per team for 7 days)
- AGG USA navy t-shirt (if you have it)
- AGG USA black long sleeve t-shirts (if you have it)
- AGG USA red shirt
- AGG USA burgundy long sleeve
- AGG USA socks

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- Team sneakers
 - Slides from Challenge Cup

Winter Items

- AGG USA scarf from national championships
- Sweatshirts

Carry-On Backpack

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- 2 pairs of toe shoes
 - Competition unitard/leotard
 - Podium apparel
 - Underleo
 - Rope
 - Knee pads
 - Costumes – 2 Gala Elvis Costumes

Documents

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- Passport
 - Notarized travel letter from parents
 - Copy of passport
 - Copy of birth certificate
 - Travel insurance

Health & Essentials

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- Medication (Tylenol, allergy, nausea, stomach meds, Emergen-C, etc.)
 - Arnica & ointments for aches
 - Portable charger
 - Headphones/AirPods
 - Dry healthy snacks from home
 - Water bottle

Homework & Study

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- Schoolwork/assignments

Gifts

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- Gifts for teams in Tokyo – 96 athletes and 6 coaches gifts
 - Gifts for teams in Osaka – your choice

Personal Items

Makeup & Hair

- Blush
- Lipstick & lip gloss
- Face powder

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- Mascara
 - Makeup brushes
 - Brown eyeshadow
 - False lashes
 - Gel/hairspray
 - Hairbrush
 - Hair clips, bobby pins, hair ties, hair nets
 - Any other competition makeup

Toiletries

- Toothbrush & toothpaste
- Lotion
- Shampoo & conditioner
- Deodorant
- Other personal toiletries

Extras & Sightseeing

- Sightseeing clothes
- Swimsuits
- Pajamas
- Underwear & bras
- Sports bras
- Phone charger & extension cord (optional)
 - No power converter needed – standard US plug is ok
- Mini sewing kit & E-6000 glue
- Ankle/knee brace
- Dry healthy snacks from home

This checklist supports the Official AGG USA Japan Travel Protocol. Pack carefully and label all bags. Questions may be directed to your coach or the Head of Delegation.