

# Gel pucks

Gel Pucks are often an easier way for a team travelling to a meet to deal with doing their hair. They can be made ahead of time and just need to be reheated at the meet.

To make one gel puck:

- Mix three packets gelatin powder with 1/3 cup boiling water (definitely not more than 1/3 cup water or gel will be too thin)
  - Whisk
  - Sieve into container ( key step for smooth consistency)
  - Scrape all foam and bubbles with spoon - should be nice and smooth now
  - Let solidify
  - Store in fridge - pack all pucks in Ziploc bag or plastic Ziploc container with lid or any other small plastic container
  - Girls store in mini fridge in hotel room upon arrival.
- athletes could bring three or four each and then chaperones make more at night if they need

Melt in microwave or crock pot - if crock pot plugged in early, check to ensure not too hot or it will really thin out - I usually melt, unplug then plug back in to keep it liquid