

# the ultimate dance competition check list

## 1. COSTUMES and related items

- All costumes
- Head/Arm/Leg/Body pieces separated by costume and placed in baggies. Write name of routine on baggie and attach it to the hangar with the costume.
- Spare pair of tights in appropriate color for each costume (Can also be placed in the accessory baggie)
- Undergarments for each costume (nude leotard, sports bra, etc)
- Jewelry (think about each costume)
- Any individual props you are responsible for
- Mini Sewing Kit
- Thread that matches all costumes
- Safety Pins (large, medium, and small)
- Static Guard
- Lint Brush
- Hot-glue or superglue
- Double sided tape
- Body adhesive
- Spare clear and tan bra straps
- Tide "to go" stick
- Shoe polish in the color of your shoes (tan, black, etc)
- A little extra rosin (if competition will allow – BUT do not use on marley floors!)

## 2. HAIR PRODUCTS

- Spray bottle (pack it empty so it doesn't spill)
- Hair Gel
- Hairspray
- Hairnets
- Hair Pins/Bobby Pins
- Comb/Brush
- Hair dryer/curling iron, etc (if necessary)
- Any required hair pieces/hair jewelry/hair glitter

## 3. MAKE UP

- Foundation & any application tools (sponge, foundation brush, etc)
- Loose Powder
- Eye Shadows
- Blush
- Water-resistant mascara
- Eye Liner
- 2 pairs of False Lashes
- Eyelash Glue
- Lip Pencil
- Lipstick
- Makeup Brushes
- Tweezers
- Q-Tips and cotton balls
- Any glitter or shimmer items as determined by teacher/studio owner

## 4. FIRST AID

- Children's and Adult Pain Reliever
- Antacid
- Dramamine
- Wet Wipes
- Band-aids
- Neosporin
- Icy Hot or other muscle relieving rub or patches
- Instant Ice Packs
- Ace bandage

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### 5. MISCELLANEOUS

- Extra copies of music on CD
- Money for program and parking
- Money for photos, videos and souvenirs
- Nailpolish remover
- Nail Clippers
- Nail File/Emery Board
- Scissors
- CLEAR deodorant
- Pens and sharpies
- Highlighter for marking program
- Notepad
- Pillow
- Blanket
- Towel
- Cover Up
- Slipper/slipper socks/flip flops
- Pop up laundry basket or plastic tub
- Warm-ups/Studio Sweatshirt or t-shirt
- Extra underwear, dance clothes
- Books, magazines, HOMEWORK!
- Camera (charger and extra memory card)
- Fresh batteries
- iPod (and charger)
- Crayons and pencils
- Screwdriver (for taps)
- Extra tissues to use for toilet paper  
in case venue runs out
- Extra Sanitary supplies (just in case)

### 6. FOOD AND DRINK

- Cooler to keep food fresh
- Bottled water
- Juice Boxes – try 100% juice
- Granola/power bars
- Fruit – bananas, grapes, apples, etc
- Veggies – try celery & peanut butter
- Mozzarella cheese sticks
- Trail Mix
- Nuts – Almonds are a very healthy choice
- Raisins
- Gatorade or other sports drink
- Goldfish or other crackers

### 7. AND LAST, BUT NOT LEAST

- YOUR PHONE and charger