

the best recital check list EVER!

A complete list of everything you'll need for stress-free dress rehearsals and performances

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)
- Extra underwear (for after the show)
- 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 theater 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

- 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-you just never know what you'll want to jot down
- Pillow
- Blanket
- Towel
- Cover Up
- Slipper/slipper socks/flip flops
- Pop up laundry basket or plastic tub to put already worn costumes in so pieces don't get lost
- Warm-ups/Studio sweatshirt or t-shirt
- Extra underwear
- Something to read like books and magazines!
- Camera (charger and extra memory card)
- Fresh batteries
- 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

- Recital Relief Foot Soak**
Pamper tired tootsies with **Covet Thy Feet Recital Relief Foot Soaks** made from Epsom salt, dead sea salts and essential oils to relieve the tension and swelling after your rehearsal and performance.

