## DANCE COMPETITION CHECKLIST

Costumes & Accessories	Costume List:	Accessories:
Dance Shoes		Yes No
Undergarments		Yes No
Clear Straps		Yes No
Hair Products	<u> </u>	Yes No
Hair Straightener/dryer		Yes No
Make Up		Yes No
Wet Wipes/Make Up Wipes		Yes No
Nail Polish Remover		Yes No
Mini Sew Kit	<u> </u>	Yes No
		Yes No
Clear Nail Polish (tight runs)	Shoes:	Make up:
Safety Pins		'
Double Sided Tape	Ballet	Foundation
Feminine Products	Тар	Powder/blush
Deodorant	Jazz	Eyeliner
Company Jacket/Clothes	Pointe	Eyeshadow
	Lyrical	Mascara Falso Evolushos
Backstage shoes/slippers	Hip Hop	False Eyelashes  Eyelash Glue
Playlist		Lipstick/Pencil
Phone/headphones/charger	<u> </u>	Setting spray
First Aide Kit	<u> </u>	Brushes/tools
Printed Schedule	Tights:	Di dallea toola
Healthy Snacks		
Water		Hair:
	Back up	Brush/Comb
Props		Bobby Pins
		Hair Flastics

Always check with your dance instructor for special items, restrictions, and directions.



Bun Maker/Hairnet

Hair Spray

## DANCE COMPETITION CHECKLIST

## This is for you Dance Mom's & Dad's

- Directions to the venue.
- Parking information.
- List of nearby restaurants.
- Arrival time.
- Survival bag:
  - Snack
  - Mints
  - Water
  - Pen/highlighter
  - Headache medicine
  - Tissues

- Lunch/Dinner for your dancer.
- Buy the program.
- Dress in layers.



- Headphones
- Book
- Cash



## Sportsmanship reminders:

Don't be late.

This sets a bad tone. It is disrespectful and it adds a lot of unnecessary stress to everyone.

- Keep the talking down during performances.
- Rude comments have no place anywhere.
- Clap for everyone during awards.
- Phone etiquette:

Flashlights are useful when trying to read a program in a dark auditorium, but be mindful of where you are pointing it. It can be distracting to those around you. Silence them.

Don't take voice calls while in the audience.

Familiarize yourself with the rules; your studio's & the competition's:

Is photography & recording allowed?

Are you allowed backstage?

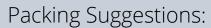
Don't know, ask!

Before leaving dressing room: Is it clean?

Do you have everything?

Bring your patience!

Dance competitions are a little bit chaotic, but a whole lot of fun. Arrive well rested, in good spirits and enjoy!



- Make a list of costumes, accessories, shoes, etc. in order of performance.
- Label everything with dancer's name.
- Keep accessories in ziploc bags with dance name & dancer's name.
- Inspect costumes for flaws, needed alterations.
- Clean and iron as needed following garment directions.
- Pack early.



