

DANCE COMPETITION CHECKLIST

- Costumes & Accessories
- Dance Shoes
- Undergarments
- Clear Straps
- Hair Products
- Hair Straightener/dryer
- Make Up
- Wet Wipes/Make Up Wipes
- Nail Polish Remover
- Mini Sew Kit
- Clear Nail Polish (tight runs)
- Safety Pins
- Double Sided Tape
- Feminine Products
- Deodorant
- Company Jacket/Clothes
- Backstage shoes/slippers
- Playlist
- Phone/headphones/charger
- First Aide Kit
- Printed Schedule
- Healthy Snacks
- Water
- Props

Costume List:

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

Accessories:

- Yes No
- Yes No
- Yes No
- Yes No
- Yes No
- Yes No
- Yes No
- Yes No
- Yes No
- Yes No

Shoes:

- Ballet
- Tap
- Jazz
- Pointe
- Lyrical
- Hip Hop
- _____
- _____
- _____

Make up:

- Foundation
- Powder/blush
- Eyeliner
- Eyeshadow
- Mascara
- False Eyelashes
- Eyelash Glue
- Lipstick/Pencil
- Setting spray
- Brushes/tools
- _____
- _____

Tights:

- _____
- _____
- Back up

Hair:

- Brush/Comb
- Bobby Pins
- Hair Elastics
- Bun Maker/Hairnet
- Hair Spray

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

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.
- Phone charger
- 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!

Packing Suggestions:

- 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.

