



Dance COMPETITION CHECKLIST



Costumes

- All costumes
- Costume bags
- Nude Undergarments
- Extra Bra Straps
- Half Soles
- Hip Hop shoes
- Socks
- Head Pieces
- Accessories ie. gloves, hats,
- Glasses
- Earrings
- Props

Makeup

- Foundation
- Concealer
- Contour
- Foundation Powder
- Highlighter
- Bronzer
- Blush
- Eye shadow
- Brow Pencil
- Eyelashes & Glue
- Mascara
- Lip Liner
- Lipstick in correct color
- All makeup brushes
- Beauty Blender / Sponge
- Make up Wipes
- Toner
- Washcloths

Dance Bag/Glam'r Gear

- Hand Sanitizer
- Company Jacket
- Headphones/Speaker
- Dance Schedule
- Label for each Garment bag
- Slip on shoes
- Mirror w/lights or Ring Light
- Deodorant
- Clear Nail polish
- Charger pack
- Feminine products
- Nude undergarments
- Extra solo costume
- Thera / Ballet bands
- Yoga blocks
- Muscle gun
- Blankets

Hair

- Hairbrush
- Edge Brush
- Rat tail Comb
- Water spritz bottle
- Ponytail holders –
color of hair
- Clear hair bands
- Bobbie pins
- Hairspray
- Hair oil
- Hair Gel
- Hair net – color of hair
- Bun Maker (hair donut)
- Straightener / Curling Iron

Tool Kit Miscellaneous

- Body adhesive / Butt glue
- Steamer
- Flat Iron
- Power Strip
- Safety pins
- Highlighter
- Pens
- Tylenol/Ibuprophen/Aleve
- Baby Wipes
- Disinfectant Wipes
- Hot Glue gun
- E6000
- Lint Brush
- Toothbrush
- Dental floss
- Heating pad/Heated blanket
- Tide pen
- Trash bag
- Q-Tips
- Ice Pack
- Tissues
- Money

Sewing Kit

- Thread – Black, White, Nude
& colors to match costumes
- Sewing Needles
- Scissors
- Tweezers
- Thimble

YOU'VE GOT THIS!

BREAK A LEG!

YOU ROCK!



Dance COMPETITION CHECKLIST FOR MOMS



Taking care of MOM

- Fanny pack /Cross body bag
- Jacket
- Comfortable shoes
- Blanket
- Headphones to silence/quiet music
- Coffee or an Energy Drink or 2
- Water
- Deodorant
- Toothbrush
- Breath mints
- Lots of water
- Phone and charger
- Camera if you use one
- Cash money – just in case
- Snacks for yourself

WHAT'S IN MY FANNY PACK?

- Butt Glue
- Competition Lipstick
- Safety Pins
- Ponytail holders
- Bobbie pins
- Ibuprofen
- Tylenol
- Benadryl – in event of allergic reaction
- Headphones
- Phone
- Forms of payment
- Couple of band aids
- Tampons and panty liner
- Mints or Gum

THINGS TO KEEP IN MIND

You will want to dress in layers because it's usually cold in the venues, but you will get warm when you are running around helping your dancer. This is also why you will want a comfortable pair of shoes. I highly recommend headphones for when you are sitting in the audience for long periods, since the music can get loud. Another item you will want to keep with you is a water bottle, we can get so busy with our kiddos that we forget to care for ourselves! Remember, this is all about the kids having fun and learning new things so leave your emotions at home and just have fun!

WHY DO I NEED ALL THOSE SUPPLIES IN MY FANNY PACK?

I like to keep all those items with me just in case another dancer needs anything and believe me they will! You may have your dancer all ready and then they take a drink, and you need more lipstick just before they take the stage. Anything can happen! My greatest piece of advice is be calm and relaxed and prepared for anything! I hope you and your dancer have an incredible competition season!

Break a Leg!