



Dance Competition Survival Checklist

Apparel

- Costumes
- Costume Accessories
- Dance Shoes
- Tights Mondor #802, Light Tan
- Extra Tights
- Team Jacket and Pants
- JDS Hair Bow
- Shoes/slippers and extra clothing
- Garment bag(s)/luggage/rac n roll

Make-up

- Eyeliners: Maybelline Waterproof Liquid Line (black)
- Eye Shadow: Maybelline Expert Wear Shadow (chai latte)
- Blush: Maybelline Fit Me Blush (wine)
- Lipstick: Rimmel Moisture Renew Lipstick(diva red)
- Foundation: L'Oreal True Match Foundation

Hair Products

- Comb and Brush
- Hair Bands or Elastics
- Hair Gel
- Hair Nets
- Hair Pins and Bobby Pins
- Hair Spray

Beauty Aids

- Baby wipes
- Deodorant
- Cotton Balls or pads
- Mirror
- Nail Clippers and nail file
- Q-tips

- Tissues
- Vaseline

Costume Care

- Double-sided tape
- Lint Brush
- Mini sewing kit
- Safety pins
- Scissors
- Static guard
- Super glue
- Tide to go

First Aid

- Antacid and Advil
- Clear Band Aids
- First aid kit
- Heating/ice pad
- Knee/ankle brace or tension wrap

Food and Beverages

- Bottled Water – JDS water bottle
- Crackers
- Fruit
- Granola bar (be peanut sensitive)

Music

- Music on an ipod to listen to during warm up (everyone will be emailed their respective songs after they are cut and finalized)
- Backup music on USB

Miscellaneous

- Watch
- Face Towel
- Pens
- Camera
- Highlighter
- Money
- Mini Flashlight/Phone flashlight
- Schedule Printout
- Rosin

POSITIVE ATTITUDES AND ENERGY!