



# Dance Competition Survival Checklist

## Apparel

- ☐ Costumes
- ☐ Costume Accessories
- ☐ Dance Shoes
- ☐ Tights Mondor #802, Light Tan OR Capezio # 1811, Light Suntan
- ☐ Extra Tights
- ☐ Team Jacket and Pants
- ☐ Shoes/slippers and extra clothing
- ☐ Garment bag(s)/luggage/roll n rac

## Make-up

- ☐ Eyeliner: Maybelline Waterproof Liquid Line (black)
- ☐ Eye Shadow: Maybelline Expert Wear Shadow (chai latte)
- ☐ Blush: Maybelline Fit Me Blush (deep 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)

### **Miscellaneous**

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

**POSITIVE ATTITUDES AND ENERGY!**