



# PERFORMANCES

# SUPPLY CHECKLIST

## #1 thing to NOT forget...

- COSTUME(S)
- Props
- Dance Shoes
- Panty hose
- Bra (clear straps/nude color so not seen outside the costume)
- Socks
- Change of clothes/shoes

## For Makeup:

- Makeup
- Makeup remover
- Q-tips
- Wet wipes

## For Hair:

- Bobby pins
- Brush/comb
- Hair ties/elastics
- Hair spray
- Curling iron

## General:

- Kleenex
- Safety pins
- Scissors
- Deodorant
- Needle and thread
- Sanitary napkins/tampons

## Food:

- Clean snacks (something quick, filling and healthy – granola bar, crackers, cheese...stay away from things that will stain fingers/mouth/costumes!)
- Water bottle
- Juice (something that won't stain if spilled)

## Things to do before performance:

- Remove any temporary tattoos
- Remove Jewellery (we don't want anything broken or misplaced)
- Remove Piercings (we don't want anything accidentally getting pulled out)
- Clean up old nail polish
- Remove stickers from costume
- Remove stickers from shoes
- LABEL everything! Change rooms get chaotic and things get easily misplaced...if it is labelled, it will find its way back to you

## Extras Points:

- No gum during performance
- Be respectful of each other, other dancers, judges, parent volunteers
- SMILE
- HAVE FUN