

Dancer's Survival Bag Check List

Before heading to a rehearsal, dress rehearsal, special event or performance it is always good to double or even triple check this list. It is important to put all the items together in an organized way in your dance bag, not scattered!

Hair & Make up

- | | |
|--|---|
| <input type="checkbox"/> Appropriate colored bobby pins | <input type="checkbox"/> Hair nets |
| <input type="checkbox"/> A good hair brush & comb | <input type="checkbox"/> Hair gel & spray |
| <input type="checkbox"/> Make up & Make up Remover/Wipes | <input type="checkbox"/> Your Smile!!! |

Clothing

- | | |
|---|-------------------------------------|
| <input type="checkbox"/> A tan body leotard or dance bar | <input type="checkbox"/> Shorts |
| <input type="checkbox"/> Lounging pants/sweats | <input type="checkbox"/> Sweatshirt |
| <input type="checkbox"/> Appropriate colored tights* | <input type="checkbox"/> T-shirt |
| <input type="checkbox"/> Performance Days: Spare set of tights* | |

*Tights need to be in excellent condition: no runs, stains or faded.

Shoes

- Ballet Jazz Pointe Character Lyrical Paws
- All dance shoes need to be in good clean condition
- All dance shoes should have your name/initials in them.
- Pointe Dancers: toe pads, toe tape & extra ribbon/elastic

Extra's - Be prepared

- | | |
|---|--|
| <input type="checkbox"/> Stretch Band | <input type="checkbox"/> Water Bottle |
| <input type="checkbox"/> Band-aids (various sizes) | <input type="checkbox"/> Clear nail polish |
| <input type="checkbox"/> Safety pins (various sizes) | <input type="checkbox"/> Toe nail clippers |
| <input type="checkbox"/> Sewing Kit with scissors | <input type="checkbox"/> Nail file |
| <input type="checkbox"/> Lunch or Snacks | <input type="checkbox"/> Pen & Paper |
| <input type="checkbox"/> Few dollars for unexpected things | <input type="checkbox"/> Deodorant |
| <input type="checkbox"/> IPOD/Music Unit & Headphones | <input type="checkbox"/> Medicine* |
| <input type="checkbox"/> Toothbrush, Toothpaste & mouthwash or mints | |
| <input type="checkbox"/> Contact Wearers: Extra set of contacts, solution & glasses | |