It’s competition time everyone! Here’s a complete checklist of items you should be sure you have in your dance bag when you go to competitions!

- Costumes and all accessories that go with your costumes (gloves, wrist bands, hats)
- All needed dance shoes
- Tights/socks (and spare tights in case of rips or snags)
- Wigs, hair pieces, hair accessories
- Hair elastics
- Lots of bobby pins
- Safety pins
- Double Stick Tape
- Super Glue
- Competition Earrings
- Hairspray
- Deodorant
- Eyeshadow & Lip stick provided by DE
- Foundation/concealer
- Blush/bronzer
- Mascara
- Eyeliner
- Bunmaker if wearing a bun
- Artificial Eyelashes for Company and Modern teams
- Eyelash adhesive
- Healthy Snacks (high protein, low sugar, nothing too messy that could get on your costumes)
- Water!

Other Tips!

- Pack your bag a couple days before, not the morning of. Double check to make sure you have EVERYTHING!
- Get plenty of rest the days leading up to competition
- Eat healthy on competition days, eat small snacks in between dances and stay hydrated!
- Do your hair and make-up at home and arrive to the competition in your first costume.
- Arrive on time or early, we will post performance schedules on our website as soon as they become available
- Keep your phone handy for important texts and facebook messages in the event that the competition schedule changes at the last minute
- Properly stretch at home and when you arrive to the competition
- Arrive with our competition uniform on and wear your jacket for award ceremonies
- Please do not enter the auditorium during dances being performed. Wait until the dance ends to enter.
- Conduct yourself with respect and kindness to all dancers, instructors, parents and competition staff. Encourage and congratulate others! You are representing Dance Express at all times.
- Try your best, dance your heart out and have FUN!