

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**
- Eyeliners**
- 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!**

