

Items needed for competition dance bag:

Reminders:

- Get items just for dance bag and always leave it packed so that you know it is there and can easily replace 1 item as needed
- Nothing should be in bags, unless that is the easiest way to access it!
- Have a specific place for dance cards and also put any numbers that you receive in the mail there too (when you get the numbers, write the competition name and date on the back, because they never say and it can get confusing!)
- Always have an extra of everything - *just in case!*

Items:

- soft hair brush
- hard hair brush
- rat tail comb
- ***LOTS*** of bobby pins (these should be put in an Altoids tin or travel soap box, not on the card)
- hair ties (many!)
- gel
- hair spray
- hair nets
- hand sanitizer
- baby wipes
- Band-Aid's
- different size safety pins (in box or tin as above)
- little sewing kit
- black shoe polish
- extra garters
- extra white and black briefs
- Shout wipes
- Hair rubber bands
- Black electrical tape
- Super glue
- Wet wipes
- Water
- Shoe covers
- Sewing kit
- Umbrella (for rain or sun)
- Ace wrap
- First aid tape
- pen and note pad
- emergency ice pack
- hand towel
- scissors
- tweezers
- Pepto Bismol tablets
- squeeze Vaseline
- pain killer (Aspirin, Advil, whatever you use - have some both for the dancers and yourselves.)
- Ben-Gay (or similar product)
- baby powder
- sunscreen
- nail clippers
- nail polish remover
- small cassette player with music
- spray bottle with water
- shoe laces
- extra shoes