

The Ultimate Dance Competition Checklist



A checklist of things every Powerhouse dancer should have for competition!

Be prepared! Print this list and check off items as you assemble your dance bag(s).

Costumes and related items

- ALL** Costumes
- Head/Arm/Body pieces separated by costume & placed in baggies. Write name of routine on baggie and attach it to the hanger with the costume.
- Spare tights/fishnets in appropriate color for each costume
- Undergarments for each costume
- Jewelry (Think about each costume)
- Any individual props you are responsible for
- Mini sewing kit (thread to match costumes)
- Safety Pins (large, medium and small)
- Static guard
- Lint brush
- Double sided tape/ body adhesive
- Tide "to go" stick

Makeup

- Foundation & any application tools
- Loose powder
- Eye shadow/Sparklettes/eyeglu (Yofi)
- Blush (Yofi)
- Water-resistant mascara
- Eye liner
- 2 pair of false eyelashes and glue (Yofi)
- Lipstick (Yofi)/ Chapstick
- Makeup brushes
- Makeup remover
- Q-tips and cotton balls

Hair Products

- Hair ties/rubber bands/pony-tail holder
- Bobby pins/Hair pins/Hair nets (you will need A LOT!)
- Hairspray/Gel
- Comb/Brush
- Spray bottle (to wet hair if needed)
pack it empty so it doesn't spill
- Straightener/Curling Iron (if needed)
- Hairpiece(s)

First Aid

- Children/Adult Pain Reliever
- Band-aids
- Neosporin
- Icy Hot or other muscle relieving rub
- Ace bandage
- Instant Ice Pack

Miscellaneous

- Money for
program/parking/photos/souvenirs/vendors
- Nail polish remover
- Nail clippers/ nail file
- Scissors
- Superglue
- CLEAR deodorant
- Company Jacket and PHD spirit wear
- Screwdriver (for tap shoes)
- Water/Sports Drink
- Snacks (granola/power bars, fruit, veggies,
trail mix, nuts, etc. *Anything that is a
healthy snack*)
- Phone/Tablet & charger

**Please check your individual costume checklists to make sure
you pack everything you need!**