



BITTEN BY THE DANCE BUG

By B. Houben



RECITAL/COMPETITION PACKING CHECKLIST

www.bittenbythedancebug.com

Costumes/Music/Props	Medicine Cabinet/Personal Product
Costumes	Athletic tape/bandages
Accessories (gloves, etc.)	Blister & clear adhesive bandages (various shapes & sizes)
Company jewelry/extraneous earring backs	Lotion/Vaseline® or Neosporin® (for putting in earrings)
Company barrette/hair pieces	Ice/heat packs, muscle rub
Footwear (e.g., jazz shoes, tap shoes, etc.)	Pain/allergy medicine, antacid for upset stomach
Tights (and an extra pair of tights)	Contact solution/eye drops
Undergarments including bras/extraneous bra straps	Clear deodorant
Copy of music	Toothbrush/toothpaste
Props and poms (if needed)	Feminine hygiene products
Company spirit wear/company jacket	Clothes and undergarments (for leaving competition)
Oversized shirt/cover-up (to protect costumes)	Other Supplies
Slip-on shoes or booties (for outside dressing room)	Black/silver Sharpie® to label belongings, paper and pen
Makeup	
Hanging mirror	Safety pins of various sizes/small zip ties to fix costume mishaps
Makeup/application tools and brushes	Small scissors, sewing kit (needle/thread that matches costumes)
Foundation/blush	Cotton swabs
Eye shadow/eyeliner/mascara	Clear nail polish and nail polish remover
Eyelashes/eyelash glue (bring extra eyelashes)	Antibacterial hand wipes/wet wipes/tissues
Lipstick/primer	Body tape/body glue adhesive/double-sided tape/moleskin
Glitter	Craft/fabric adhesive (E6000® Glue)
Makeup-setting spray	Tanning product
Makeup remover/makeup wipes	Extra rhinestones
Hair	
Brush/comb	Hot glue gun/glue sticks
Hair pins/bobby pins	Stain remover (e.g., Tide to Go® stick or Parker and Bailey)
Ponytail holders/elastic hair bands/hair ties	Pillow and blanket (to keep warm or use in dressing room)
Hairspray/hair gel	Dancer tools (foam roller, resistance band, etc.)
French twist comb (if necessary)	Portable steamer (for costumes and accessories), lint roller
Bun maker donut/Hairagami®	Bluetooth speaker to play music of routines
Curling iron	Phone/phone charger/power strip for sharing outlet
Food and Drinks	
Straightening iron	Bathing suit (for swimming at the hotel pool after competition!)
Spray bottle with water	Nut-free snacks (e.g., protein bars, fruit, vegetables)
	Bottled water/water bottles
	Rolling cooler for snacks and water
	Crock pot or griddle for making affordable meals

Label all your child's belongings by writing their name or initials with a black or silver Sharpie® on the tag in costumes, tights, accessories, etc.