



Come Show Ready

Recital Dancers Survival Kit

- Tights
- Bra straps
- Ribbons
- Ties
- Hair brushes
- Styling spray
- Pins
- Props
- Extra shoelaces
- Two-sided tape
- Shoelace “stick” to keep them tied
- A multi-tool for tightening taps
- Flashlight
- Lighter (for burning costume frays)
- Hair nets
- Sewing kit with scissors
- Glue gun
- Makeup

You’ll also want to have extra makeup for last minute touch ups. It’s a good idea to bring:

- Concealer
- Foundation
- Blush
- Lipstick
- Powder
- Eyelash glue
- Makeup remover
- Baby wipes
- Mirror
- Application tools
- Any other cosmetics your dancers use
- First Aid/Personal Care



Health Tips

The next essential component of a dance competition survival kit is the first aid portion. A standard care kit is a good place to start, as it will contain bandages, ointment and wraps. You may want to throw in the following:

- Blister bandages
- Hot and cold packs
- Pain reliever
- Allergy medication
- Q-tips
- Vaseline
- Afrin (for bloody noses)
- Pepto-Bismol/Tums
- Feminine hygiene items
- Antibiotic Wipes
- Tissues
- Bottles of Water
- Baby powder
- Snacks