

ABSOLUTE BALLROOM DANCE CENTER OF PITTSBURGH

COMPEITION CHECKLIST

In addition to any personal items that you may need to feel comfortable away from home, we've put together a list of items that we think are essential to pack when you travel to and from competitions. Please let us know if you come up with anything on your travels that we should include on this list.

Lady's Competitor Checklist

- Shoes (Practice/Competition)
- Shoe Brush
- Warm-Up (Team Jacket/Pants/Legwarmers)
- Costume(s)/Tights
- Accessories
 - Earrings
 - Necklace
 - Bracelets
 - Rings
 - Flowers
 - Etc.

Getting Ready...

- Hair Stuff
 - Hair Elastics ("Pony Tail Holders")
 - Bobby Pins (Straight/Curved)
 - Hair Spray
 - Hair Gel/Glue
 - Comb/Brush
 - Hair Accessories (Hair Piece/Flower/Crystals)
- Nail Stuff
 - Fake Nails/Nail Glue
 - Nail Polish/Remover
- Face Stuff
 - Cover-up
 - Bronzer/Blush
 - Eyelashes/Adhesive
 - Black Eyeliner
 - White Eye Shadow
 - Dark Eye Shadow
 - Brow Liner
 - Lip Liner
 - Lip Stick

Gentlemen's Competitor Checklist

- Shoes (Practice/Competition)
- Shoe Brush
- Warm-Up (Team Jacket/Pants)
- Costume (Pants and Top)
- Black Socks
- Dance Belt

Getting Ready...

- Razors/Shaving Cream/Face Lotion
- Bronzer
- Hair Gel/Glue
- Hair Spray
- Comb/Brush

Traveling...for both of you

- Money (gas/tolls/food/misc.)
 - Cash
 - Credit Cards
 - Checkbook
- Car Keys
- Cell Phone/Charger
- Pillow/Blanket
- Directions
- ContactNumbers (hotel/comp/partner/host/etc.)
- Photo ID (Driver's License/Passport)

Just in case... for both of you

- Super Glue
- Threaded Needle (color of costume(s))
- Safety Pins
- Liquid Band-Aid
- USA DanceSport/NDCA Membership Card