

SBDS Competition Day

Packing Checklist

Uniform & Performance Items

- Competition costume(s)
- All costume accessories
- Correct dance shoes for each routine
 - Cheer shoes (if applicable)
- Tan stockings / fishnets (if required)
 - Spare stockings
 - SBDS team jersey
- SBDS sparkle jacket (not compulsory)
 - Black leggings/shorts
 - SBDS Socks (if required)
 - Enclosed footwear

Hair & Makeup

- Hair brush
 - Comb
- Hair elastics
- Bobby pins
- Hair net (if required)
- Hair piece/accessory
- Hair spray (pump bottle)
 - Gel/wax
 - Makeup bag
 - Makeup remover wipes
- Lipstick/lip colour for touch-ups
 - Small mirror

Competition Essentials

- Competition schedule
- Water bottle (named)
 - Healthy snacks
 - Lunch (if required)
- Medication (if required)
- Asthma puffer/EpiPen (if applicable)

Comfort & Recovery

- SBDS Jumper
 - Blanket
- Change of clothes
 - Deodorant
 - Tissues
- Band-Aids/blister patches
 - Hand sanitiser

Before Leaving Home

- Hair completed correctly
- Makeup completed correctly
 - Comp underwear on
- Costume on for arrival if requested by SBDS coach
 - Shoes packed
 - Water bottle filled
 - Breakfast eaten
- Competition venue checked
 - Arrival time confirmed
 - BIG SMILE packed!

Parent Final Check

- I have checked the competition schedule.
 - I know my child's arrival time.
- I have packed all costumes and accessories.
 - I have packed all required shoes.
 - I have packed food and water for the day.
- My dancer/athlete is ready to have fun, support their teammates and shine on stage!

*Good
Luck Team!*