

A The Ultimate Dance Performance Bag List



Essentials



- Performance Shoes
- Costumes
- Accessories
- Nudie
- Extra Tights
- Sweatshirt
- Clear Nail Polish
- Sewing kit
- Lambs Wool
- Toe Tape

Hair



- Hairspray
- Bobby Pins
- Hair nets
- Slicking
- Brush/Comb
- Bun Supplies
- Mirror

Emergencies

- Band-aides
- Pain reliever
- First Aid Kit
- Safety Pins
- Moleskin
- K-Tape
- Natural First Aid



Make-up Kit

- Stage Make-up
- Make-up wipes
- Nail Clipper
- Baby Wipes
- Stain Wipes

Bonus

- Schedule
- Cue Sheet
- Pen
- Markers
- Menstrual Care

Must-haves



- Water Bottle
- Healthy Snacks
- Warm-ups
- Resistance Band
- Hand Sanitizer

Self-Care

- | | |
|--|---------------------------------------|
| <input type="checkbox"/> Electrolytes | <input type="checkbox"/> Lotion |
| <input type="checkbox"/> Vit C packets | <input type="checkbox"/> Comfort Item |
| <input type="checkbox"/> Yoga Mat | <input type="checkbox"/> Earbuds |
| <input type="checkbox"/> Roller | <input type="checkbox"/> Charger |

