

DANCE CONVENTION CHECKLIST

DANCEWEAR

- COMFORTABLE FLATTERING LEOTARDS
- LEGGINGS
- SHORTS
- STUDIO WARMUPS
- ALL DANCE SHOES AND DANCE SOCKS
- EXTRA UNDERGARMENTS
- DANCEWEAR EASY TO LAYER
- STRETCH BANDS / ROLLER BALLS

FIRST AID

- PAIN RELIEVER
- PRESCRIPTION MEDICATIONS
- ANTACID
- BANDAIDS
- NEOSPORIN
- ICY HOT OR OTHER MUSCLE RUB
- INSTANT ICE PACKS
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FOOD AND DRINK

- BOTTLED WATER OR REFILLABLE WATER BOTTLE
- HEALTHY SNACKS
- HEALTHY QUICK BREAKFAST ITEMS
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MISCELLANEOUS

- SAFETY PINS
- NOTEPAD
- HAIR SUPPLIES
- SANITARY SUPPLIES
- MONEY FOR PARKING
- MONEY FOR SOUVENIRS
- PHONE AND CHARGER

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