THE PACKED PARENT / DANCE PARENTS

Dance Competition Emergency Kit Checklist

Dancer / team: _____ Competition: _____

Date: _____ Kit stored in: _____

COSTUME FIXES

- [ ] Safety pins (assorted sizes)
- [ ] Mini sewing kit + matching thread
- [ ] Fashion / body tape
- [ ] Clear elastic bands
- [ ] Small scissors
- [ ] Stain-remover pen or wipes

HAIR RESCUE

- [ ] Bobby pins + hair pins
- [ ] Hair elastics + clear elastics
- [ ] Extra hairnet
- [ ] Travel hairspray or gel
- [ ] Small comb / brush
- [ ] Spare bun form / hairpiece clips

MAKEUP & STAGE

- [ ] Lip colour for touch-ups
- [ ] Makeup wipes + cotton swabs
- [ ] Lash glue + spare lashes (if used)
- [ ] Compact mirror
- [ ] Tissues + blotting papers
- [ ] Nail glue / clear polish (if used)

SHOES & TIGHTS

- [ ] Spare tights (correct shade)
- [ ] Blister bandages / moleskin
- [ ] Athletic tape
- [ ] Shoe / strap repair supplies
- [ ] Spare laces or elastic (if needed)
- [ ] Small zip bags for damaged items

PERSONAL COMFORT

- [ ] Bandages + basic first-aid supplies
- [ ] Period products
- [ ] Deodorant + hand sanitizer
- [ ] Water bottle + easy snacks
- [ ] Any personal medication*
- [ ] Cold pack (if venue permits)

PARENT EXTRAS

- [ ] Phone charger + power bank
- [ ] Sharpie + pen
- [ ] Printed schedule / routine list
- [ ] Emergency contacts
- [ ] Cash / parking payment backup
- [ ] Extra zip bags + small trash bag

BEFORE YOU LEAVE

[ ] Refill used supplies [ ] Check medications / expiry dates [ ] Put the kit in the dance bag

* Store and use medications according to your dancer's care plan; keep prescription items with the responsible adult.