FIRST DANCE COMPETITION

THE NEW DANCE PARENT CHECKLIST

The five studio questions + the night-before plan

Dancer: _____ **Competition / date:** _____

1 THE FIVE THINGS TO CONFIRM WITH YOUR STUDIO

- [ ] **Arrival time + location**
  When do we arrive, where do we check in, and when is our first dance?
- [ ] **Hair + makeup requirements**
  What is the exact hairstyle, makeup look, and who handles changes?
- [ ] **Costume details**
  Which tights, shoes, hairpieces and accessories belong to each routine?
- [ ] **Backstage + quick-change plan**
  Can parents go backstage? Who supervises dancers and helps with changes?
- [ ] **Venue + competition rules**
  Tickets, parking, meals, awards, photo/video rules and required fees?

2 THE NIGHT-BEFORE CHECKLIST

- [ ] Lay out every costume by routine
- [ ] Check tights, shoes + spare tights
- [ ] Pack hairpieces, jewellery + props
- [ ] Pack hair and makeup supplies
- [ ] Charge phone + portable battery
- [ ] Save schedule + venue address
- [ ] Pack water, snacks + easy meals
- [ ] Pack safety pins + emergency kit
- [ ] Add warm-up clothes + slippers
- [ ] Label bags and costume hangers
- [ ] Set alarms + plan drive/parking
- [ ] Put everything by the door

ONE LAST THING

Write your arrival time here: _____ First routine: _____ Studio contact: _____

PRO TIP Keep a separate hanger card on each costume and pack shared items in one labelled pouch.