



FRED ASTAIRE
DANCE STUDIOS

Suggested Packing List for Dance Competitions - "The Basics"

- Competition Wear (for Ladies: Latin/Smooth/Showcase Dresses; for Gentlemen: Tails, Pants, Shirts, Collar, Tie, Waistcoat)
- Routine Props for Showcase/Novelty
- Undergarments for Costumes
- Fishnets/Stockings/Socks
- Dance Shoes
- Heel Guards
- Extra Shoelaces
- Shoe Brush
- Jewelry (Earrings, Necklaces, Bracelets, Cuff links)
- Hair Accessories (Elastic bands, Bobby pins, Hairpieces, Brush/comb, Hairspray)
- Warm up robe/jacket
- Competition Make-up (concealer/foundation, bronzing powder, false eyelashes & glue, bright eye shadows, liquid & pencil eye liner, blush, lipstick)
- Self-Tanning Products
- Nail Polish/Remover
- Duffel Bag (to carry items to Ballroom)
- Tickets & paperwork for Ballroom
- Practice Clothes
- Off-the-Dance-Floor-Attire (business/casual or casual/chic for Day Sessions, more dressy for Evening Sessions, formal for Gala event (for Ladies: Gown, Strapless bra, Shoes, Evening bag, Jewelry; for Gentlemen: Tuxedo, dress shirt, tie, socks, shoes)
- Pain Reliever
- Sweat Towel
- Slippers
- Band Aids
- Highlighter/Pens
- Sewing Kit (skin-colored elastics, safety pins, thread, needle, rhinestones, glue)