Ballroom Competition Packing Checklist

Everything you need to feel prepared on competition day.

EVENT _____ **DATE** _____

Check each item as you pack. Skip anything that does not apply.

01 Competition Attire

- [ ] Competition costume(s)
- [ ] Warm-up outfit
- [ ] Backup dance shoes
- [ ] Shoe brush
- [ ] Dance socks / tights
- [ ] Slippers
- [ ] Garment bag
- [ ] Practice outfit
- [ ] Dance shoes
- [ ] Heel protectors
- [ ] Extra shoelaces
- [ ] Robe
- [ ] Leg warmers

02 Jewelry & Accessories

- [ ] Competition jewelry
- [ ] Necklace
- [ ] Hair accessories
- [ ] Extra earring backs
- [ ] Earrings
- [ ] Bracelets
- [ ] Hair flowers
- [ ] Lint roller

03 Hair & Makeup

- [ ] Hair spray
- [ ] Bobby pins
- [ ] Hair ties
- [ ] Foundation
- [ ] Mascara
- [ ] Lipstick
- [ ] Mirror
- [ ] Hair gel
- [ ] Hair net
- [ ] Comb / brush
- [ ] Powder
- [ ] False eyelashes
- [ ] Setting spray

The Finishing Touches

Small essentials. A calmer competition day.

04 Emergency Kit

- [ ] KT tape
- [ ] Blister pads
- [ ] Sewing kit
- [ ] Super glue
- [ ] Nail file
- [ ] Bandages
- [ ] Safety pins
- [ ] Fashion tape
- [ ] Tweezers
- [ ] Pain reliever

05 Food & Hydration

- [ ] Water bottle
- [ ] Protein bars
- [ ] Healthy snacks
- [ ] Electrolytes
- [ ] Fruit

06 Competition Essentials

- [ ] Registration confirmation
- [ ] Schedule
- [ ] Cash / card
- [ ] Charger
- [ ] Heat list
- [ ] ID
- [ ] Phone
- [ ] Portable battery

07 Warm-Up & Recovery

- [ ] Resistance band
- [ ] Massage ball
- [ ] Towel
- [ ] Foam roller
- [ ] Hand fan
- [ ] Deodorant

ASCENDANCE COACH'S TIP

Pack your competition bag the night before.

A consistent routine reduces stress and helps you focus on your performance.