



Competitor Checklist

Pre-Competition

- DSAB Membership & Fees
- Registration
- Registration Fees
- Event Tickets
- Hotel Reservations
- Transportation
- Cash for Number Deposit (\$5)
- Review Competition Rules*
- Wash / Repair Costumes

Men (Standard)

Newcomer to Bronze / Silver

- Black Dress Slacks
- Black or White Dress Shirt and Black Tie
- Black Vest, Jacket, or Suit
- Belt
- Black Socks

Pre-Champ and Championship

- Tail Suit
- Tuxedo Shirt
- Tuxedo Shirt Studs
- Tuxedo Shirt Cuff Links
- Tuxedo Dress Slacks
- Collar
- Bow Tie
- Cummerbund
- Suspenders
- Black Socks

Men (Latin)

Newcomer to Bronze / Silver

- Black or White Shirt
- Black Slacks
- Black Socks
- Belt

Pre-Champ and Championship

- Latin Costume (Shirt and Slacks)
- Black Socks

First Aid

- Band-Aids
- Blister Band-Aides
- Scissors
- Safety Pins
- Medications (if needed)

Women (Standard)

Newcomer to Bronze / Silver

- Skirt and blouse / dress
- Pantyhose
- Pre-Champ and Championship*
- Costume Dress / Ball Gown
- Full Coverage Underwear
- Pantyhose

Women (Latin)

Newcomer to Bronze / Silver

- Skirt and blouse / dress
- Pantyhose
- Pre-Champ and Championship*
- Latin Costume
- Pantyhose

Make-Up

- Foundation
- Bronzing Powder
- Blush
- False Eyelashes
- False Eyelash Glue
- Mascara
- Liquid Liner
- Eye Shadow
- Brow Color
- Lipstick
- Lip Liner
- Brush Set
- Q-Tips

Nail Care

- Acrylic Nails / Glue On Nails
- Nail Glue
- Emery Board
- Nail Clippers
- Nail Polish

Shoes and Accessories

- Standard Shoes
- Latin Shoes
- Heel Protectors
- Shoe Straps
- Extra shoe Laces
- Shoe Polish
- Shoe Brush
- Contact Cement

Hair Care

- Haircut / Hair Styled
- Bobby Pins / Hair Pins
- Elastics
- Comb and Brush
- Hair Nets
- Hair Pieces
- Gel
- Hairspray
- Hair Accessories

Jewellery

- Earrings
- Necklace
- Bracelets
- Arm Bands

Miscellaneous

- Hand Lotion
- Static Guard
- Power Bars
- Bottled Water
- Small Towel
- Tanner
- Travel Sewing Kit
- Extra Contacts
- Eye Contact Solution

At the Competition

- Register With Your Partner
- Obtain Your Competitor Number
- Costume Check
- Be Ready To Dance One Hour Before Your Event

Personal List

- _____
- _____
- _____
- _____
- _____

Developed from a list created by Theresa Jenkins. This list was created to help you prepare for a competition and is not as a definitive list. Please feel free to send us suggestions at secretary@dancesportalberta.org.

* Please pay particular attention to the part about the Dress Code. You can find the rules on the DSAB website: www.dancesportalberta.org.