



# FREE 'PERFORMANCE READY' PRINTABLE CHECKLIST

- STEP 1      Download your free printable from our website:  
[www.chookasaustralia.com.au](http://www.chookasaustralia.com.au)
- STEP 2      Open up the PDF file
- STEP 3      Put an A4 piece of paper into your printer
- STEP 4      Press 'Print' and choose to print only page 2 (unless  
you want to print these instructions)
- STEP 5      Fill out any extra information you need to make sure  
you're all organised for the big day!

# CHECKLIST

## COSTUME AND ATTIRE

- ☐ Performance costume(s)
- ☐ Undergarments (dance tights, leotards etc.)
- ☐ Shoes (clean and performance ready)
- ☐ Hair accessories (hairpins, hairnets, hairbands etc.)
- ☐ Makeup and applicators
- ☐ Makeup remover and cleansing wipes
- ☐ Costume repair kit (needles, thread, safety pins)
- ☐ Spare costumes or costume pieces (if applicable)
- ☐ Props or equipment (if required)
- ☐ Costume accessories (jewellery, gloves etc.)
- ☐ -----
- ☐ -----

## PREPARATION AND GROOMING

- ☐ Hairbrush or comb
- ☐ Hair styling products
- ☐ Deodorant
- ☐ Nail file, nail clippers, polish remover (if needed)
- ☐ Personal hygiene items
- ☐ Chookas 'GloAnywhere' or mirror for touch-ups
- ☐ Adhesive tape (for securing accessories)
- ☐ -----
- ☐ -----

## PERSONAL ITEMS

- ☐ Identification (ID, performer pass etc.)
- ☐ Wallet, purse or bank card
- ☐ Phone and charger
- ☐ Emergency contact information
- ☐ Any necessary medications
- ☐ Headphones or ear buds
- ☐ Notebook and pen for any last-minute notes or cues
- ☐ Water bottle and snacks for backstage
- ☐ Small bag or Chookas 'Keeper Safe' for valuables
- ☐ Performance scripts or notes
- ☐ Towel or small blanket
- ☐ Folding chair or cushion (if seating is limited)
- ☐ Basic first-aid kit (band-aids, antiseptic wipes)
- ☐ Pain relievers (if needed)
- ☐ Good-luck charm or Chookas Lucky Keychain
- ☐ -----
- ☐ -----

## TIME MANAGEMENT

- ☐ Arrival time & performance schedule
- ☐ Watch or timer (to keep track of time)
- ☐ -----

## NOTES

-----

-----