

- **Week Before**

- Ensure you have all costume pieces and DO AT LEAST ONE FULL RUN IN YOUR ENTIRE COSTUME. Shoes, tights, underwear, props, accessories, all of it. Don't go onstage with something you've never tried before.
- Other suggestions for things to do in your costume before performing:
 - Forward fold, happy baby, (aerialists specifically) handstand against the wall - does anything pop out?
 - Look at your costume in full light, natural light, and/or shining a flashlight on yourself - is it more see-through than you thought?
- No more changes to your piece! You want to ensure you have the muscle memory built in, so run it the same way going forward.
- If anything wild happens during practice, don't stop and fix it - ride it out! Something unexpected is bound to happen during your performance, and now is the time to do the troubleshooting.
- Practice going "onstage" and "offstage" as you would, including a bow after your piece!
- Aerialists on low point: get used to eyeballing how high you want your apparatus rigged and when it looks good *from far away.* Even though we have the opportunity to walk through rigging heights beforehand, you'll want to know what a good height looks like for you from off stage. You can't say "at my armpits" when you're not standing right next to it. :)
 - Also aerialists on low point: determine whether you want a mat underneath you or not while you perform. If so, it would be a black panel mat from BMA.

- **Day Before**

- Rest! Give yourself a break from rehearsing. Resting is just as important as training.
 - Instead, I use this time to listen to my song, visualize my piece, and "perform it emotionally" while my body is at rest.
- Treat your body well. Eat good healthy food, drink LOTS of water, limit alcohol and sugar.
- Get yourself as packed up as possible for the next day (see "What to bring" section below.)
- Highly suggest taking a rapid COVID test to make sure we're all keeping each other safe! (Alert Satarah to any positive tests and do not come to the show.)
- Sleep!

- **What to Bring**

- All costume pieces and props, and backups if you have them.
 - Aerialists: your apparatus if you're bringing your own
- Suggest doing as much of your makeup as possible beforehand, but bring the makeup and hair products you need (including backup Bobby pins, etc.)
 - A mask that won't mess up your makeup! The flat-front origami masks tend to work great. A face shield is not a mask.

- Your “just in case” items: safety pins, boob tape, pasties, scissors, Advil, Pepto Bismol, etc.
- Cover-up to wear around the venue beforehand and afterwards, including shoes.
- Water bottle!
- Money for vendors & delicious foods & drinks FOR AFTER YOUR PERFORMANCE
- **Day Of Show (DOS)**
 - Bookmark the DOS email from Satarah. It has all the answers. :)
 - Manage your food intake! You do have to eat food, but probably best not to have the fullest stomach before you go on. Bananas are a GREAT nervous food.
 - I like to eat a decent meal 3-4 hours before I perform, and then just bananas as needed until I go on.
 - DO. NOT. DRINK. ANY. ALCOHOL. BEFORE. YOU. PERFORM.
 - Manage your bathroom situation! Make sure you can get yourself in and out of your costume as needed to get to the bathroom.
 - First rule of Fight Club: HAVE FUN AND TRY YOUR BEST!
- **Day After**
 - STRETCH. Sleep. Rest. Bask in the glow that is the incredible art you created the night before.