

What To Bring to College Audition Unifields.

Clothes:

- ❑ 3-4 audition outfits.
- ❑ 3-4 pairs of tights. Including ballet tights and tights to wear to keep you warm under your dress.
(If those audition outfits aren't dresses don't worry about the tights. Just make sure your audition dress/outfit is WARM and that you can move in it.)
- ❑ Dance Shoes.
- ❑ Boots to change into.
- ❑ Audition shoes.
- ❑ COAT. BIG COAT.
- ❑ Sweaters. 1-2.
- ❑ Small jacket.
- ❑ 1-2 scarfs.
- ❑ Dance leotard.
- ❑ Dance tights.
- ❑ Ballet shoes,
- ❑ Character shoes.
- ❑ SOCKS. WARM SOCKS.
- ❑ Legwarmers if you use those.
- ❑ Mittens/gloves.

Hygiene:

- ❑ toothbrush
- ❑ toothpaste
- ❑ deodorant

- ❑ brush.
- ❑ comb
- ❑ Shampoo and conditioner only if you cannot use the kind in hotels.
- ❑ Razor and shaving cream/soap (if you're a guy or gal you got to shave your face or your under arms. If you're a gal, you know the embarrassing feeling in a dance call when you lift up your arm and there's hair there.)
- ❑ Hair products.
- ❑ Hair curlers or straightening irons.
- ❑ Tampons or pads if you need them, in case the unthinkable happens. Be prepared ladies.

Necessities:

- ❑ If you take any medications TAKE THEM WITH YOU.
- ❑ Water bottle (refillable)
- ❑ Refillable portable coffee cup thing so you can drink as much tea at any time.
- ❑ A WHOLE BOX OF THROAT COAT. (which you can buy at a Walgreen's when you get there if you forget.)
- ❑ An entire bottle of honey for that throat coat to taste decent. (Also, can buy at Walgreen's since you probably can't take the honey on the plane.)
- ❑ Steamer, you will likely get sick because it's cold. (unless you're at LA unifieds but you still might need the steamer.) Steamers help with Sinus infections.
- ❑ Laptop if you need it. Be careful leaving it in the hotel.
- ❑ Camera if you need it to vlog or take pictures with your new friends.

- ❑ Breathe right strips will help you sleep at night if it's too dry or something.
- ❑ A HUMIDIFIER. I had my dad ship this out to our hotel and my friends who came with us LOVED IT. It helped us all a huge amount. Always bring a humidifier.
- ❑ Cough drops to help sore throats.

Audition materials:

- ❑ ALWAYS BRING YOUR REP BOOK. You know this.
- ❑ Bring copies of your monologues to look at in case you get nervous.
- ❑ Bring an audition journal to record how each one went, and what you learned from each experience.
- ❑ A positive attitude.
- ❑ Self-confidence. You can do this. You've prepared yourself for this for four years. Take a deep breath. You can do this.
- ❑ A spreadsheet/schedule detailing what each school requires from you, and what time each audition is at, and why you want to go to that school. This will help you in your interview process. You can look at it while you're waiting to go in to audition.
- ❑ An idea of what you are going to do when you are done with all of your auditions that day.

THINGS TO DO IN CHICAGO:

- ❑ VISIT MILLIENIUM PARK and see the BEAN. Take lots of selfies there at the bean and post them to social media. Wow, you saw THE BEAN.
- ❑ Go to a classic Deep Dish Chicago pizza place. *Pizzeria Uno* is my favorite.

- ❑ Go across the bridge where they usually dye green on saint patty's day but you're not there for that day. Oh so sad! But it's still cool to see in...-15 degrees (in Fahrenheit) weather. Yay. You also have to cross that bridge to get from the Palmer house to *Pizzeria Uno*.
- ❑ Go back to the hotel and take a nap or relax. YOU WILL NEED THIS. Do not stay out all night and party. Please. I beg of you.
- ❑ Go to Second City. I didn't do this. My group did this AFTER I graduated. Rude. I wanted to go so bad. Second City is AMAZING. It's like the stepping stone for people who want to be on things like Saturday Night Live. Lots of people come from there: Amy Poehler, Tina Fey, Bill Murray and so many more amazing talent. Look it up!

THINGS TO DO IN NYC:

- ❑ Times Square go chill in the Disney store.
- ❑ Go see a Broadway show.
- ❑ Go see an Off Broadway show.
- ❑ Get \$.99 pizza.
- ❑ Go and explore NYC if you don't mind freezing to death.
- ❑ Go to the Rockefeller Center.
- ❑ Go see some comedy.
- ❑ Honestly, if you are thinking of better ideas than I'm listing here, you know NYC much better than I do.

Other Tips to Give you:

- These auditions are not life and death. They do not define your success.

- Do not rely on these people to tell you if you have a future in this business, because you do. No matter what they say.
- Remember this is a game, in a way. They are trying to find people to put into their programs in order to cast their shows. If you are not accepted, it does not mean you are not worthy of succeeding. They just accepted someone else, who they probably liked their face a bit better or their hair or their song choice or something really dumb like that.
- If you get into these schools or if you don't. Remember no matter what happens you are going to be where you need to be in that moment. You will not be stuck anywhere. You can make a living without these colleges. You can make a living without. An acting career does not require a degree.
- You will be okay. No matter what happens.
- Stay hydrated, drink lots of water. Don't skip meals, eat as healthy as you can. Know what your body can eat under pressure without barfing it up. Like don't eat donuts for breakfast if you know that you will regret it in the end.
- Drink Throat Coat and honey like water. Seriously. That's how I sang at Unifields in Chicago when it was between -15 and -20 degrees Fahrenheit outside. I drank Throat coat like it was water, and I felt amazing. It's gross but you get used to it after a while. And when you're done with all your auditions. You never have to drink it again...unless you get sick.
- Eat light. Not heavy for breakfast and lunch. Save deep dish pizza for dinner.
- Go to bed early and wake up early enough to be about 15-30 minutes early for your first audition.

Sometimes they are running ahead and they can get you in and out really fast.

- Try to not stress about it. Don't worry about screwing up. Use mantras. Focus on what you are doing, do not focus on whether or not they will let you into their school.

And that's all my lovelies! I hope you guys all break legs and you survive unifieds! Happy auditioning and I hope you guys get into your favorite schools, and if you don't I hope that everything will turn out fine in your career. It has for me! Don't stop believing in yourself and your dreams!

Love,

The Lindsay

Kate