

Strip-Tips: The Work Bag

Guidance on what to pack before your shift

Ever wonder what to pack in your work bag? Our Stripper Tips: The Work Bag document is a short guide with tips for what to bring with you on shift!

Inside the Stripper Tips: The Work Bag Guide, you will find...

Tip 1: The Feet

- Shoe Brands
- Shoe Emergencies
- Stockings & Socks

Tip 2: Time & Money

- Where to stash the cash
- Keeping tabs on time

Tip 3: Helpful Body Bits

- Working on your period
- Baby Wipes
- Bruises

Tip 4: Smellies & Sprays

Tip 5: The Mouth

Tip 6: Brain Food

WHERE TO STASH THE CASH

Before you start working, think about how you plan to stash your cash throughout the night. Some dancers use elastic/rubber bands combined with hair ties to secure money to their wrist, some use garters with elastic/rubber bands around their shoe and ankle, some dancers use a clutch or small purse, some use their stockings or socks, and some dancers get creative with other on-person locations. In some clubs, you might have access to a personal locker that you store money in and lock.

What IS important is that however you choose to carry it during your shift, make sure to monitor it throughout the shift. Sometimes elastic bands break & sometimes you put your clutch/purse down and forget to grab it after a dance...so find a place that works for you & where it's easy to keep an eye on!



SHOES: BRANDS

Especially if you are working in the club, Pleaser's will be your lifeline. DO NOT buy civvie heels. Pleaser's are made to be worn for extended periods of time, without your feet seeking retaliation on you later in the shift. Pleaser's with clear straps stick to bare feet better than pleather straps; pleather straps will stretch more than clear straps. To break in brand new shoes, use a hair dryer to warm and soften the straps, and wear them with thick socks around the house for a bit. This will help stretch them out prior to working in them!

SHOES: EMERGENCIES

It is always worth having superglue, electrical tape, spare Pleaser shoe straps or an extra pair of Pleaser's on you when you are working. Pleaser's do last a long time, but not forever. Being able to replace or repair your shoes on the fly can mean the difference between you going home early, or staying on shift.



BRUISES

One word: Hirudoid Cream. This job often comes with bruises; from the pole, from stages and from occasionally tripping over your own feet. It's normal. Hirudoid cream is no miracle worker, however it can help reduce inflammation & swelling and help bruises heal faster.



\$TRIPPER TIP\$

THE WORK BAG



TIP 1: FEET



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STOCKINGS & SOCKS

Stockings and socks can actually provide you with a bit of cushioning on your knees while doing floorwork on stage. Some dancers also use them as money holders. They can also keep you just a fraction warmer when on the floor, especially during the winter season or when the AC is cranked up too high in the club.

Stay-up stockings have silicone on the inside to help them stay up throughout the night. It is worth removing them or rolling them down if you plan to do polework onstage, as doing so in stockings and socks can be incredibly dangerous.

(Falling from the Pole = Bad Times)



TIP 2:



TIME & MONEY



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KEEPING TABS ON TIME

Time is money, and money is time. Wearing a watch (and having a back-up watch in case your watch breaks helps you keep track of dances and tables (stage sets).

Some dancers use their phones instead (if allowed on the floor). Keeping track of time helps you to not go over or under time with a customer. It also helps you avoid missing tables -- which sometimes *can* result in a fine! If your tables are written up in advance, you can also snap a photo or write the times on your wrist to help keep track!



TIP 3:



HELPFUL BODY-BITS



WORKING ON YOUR PERIOD

Tampons, menstrual cups and menstrual sponges can be used if you are on your period at work. If using tampons, either cut or tuck the string (tucking is easier for removing the tampon later on). **DO NOT TUCK THE STRING TOO FAR UP THERE**, or you may have to go on a fishing expedition in the future. If using a menstrual cup, make sure it is fitted securely. If not fitted properly, there could spring a leak!

BABY WIPES

Just pack baby wipes. They help with everything. They also help you avoid those 'toilet paper stuck to the bum' incidents under the glow of black lights and stage lighting.



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TIP 4:



SMELLIES & SPRAYS



SMELLIES

Cheap perfumes and body sprays are your friends. Because you will be frequently spraying away sweat & B.O. throughout the night, it is recommended to have something cheap to spray on (that you do not mind going through) as opposed to a favourite bottle of expensive perfume. There are too many options to list, but check with other dancers what they may be using!

Deodorant. Always bring deodorant. Dancing in clubs involves often feeling...well...sweaty. Having deodorant in your workbag will be a lifesaver throughout the night. Note: If you do forget deodorant, chances are that someone else in the change room does!



Sprays

Hairsprays, serums, oils and dry shampoo are all handy to have in your work bag for your shift.

Sidenote: Hairspray can also be used to prevent or treat runs in stockings. For more information see [here](#).

Some clubs may require the use of fake tan for certain skin tones. Wash-off tan is easy to use prior to your shift (and can be rinsed off after your shift). Wash-off tan can be applied with a tanning glove, and can be washed off with a loofah or other exfoliator. Some clubs require tanning at home, and not in the change room, so be sure to check on your club's specific policies!



TIP 5:



THE MOUTH

Food & Hydration

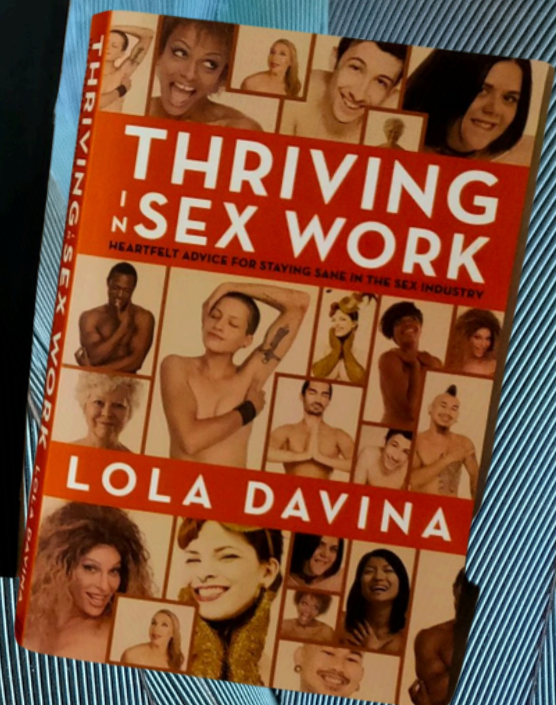
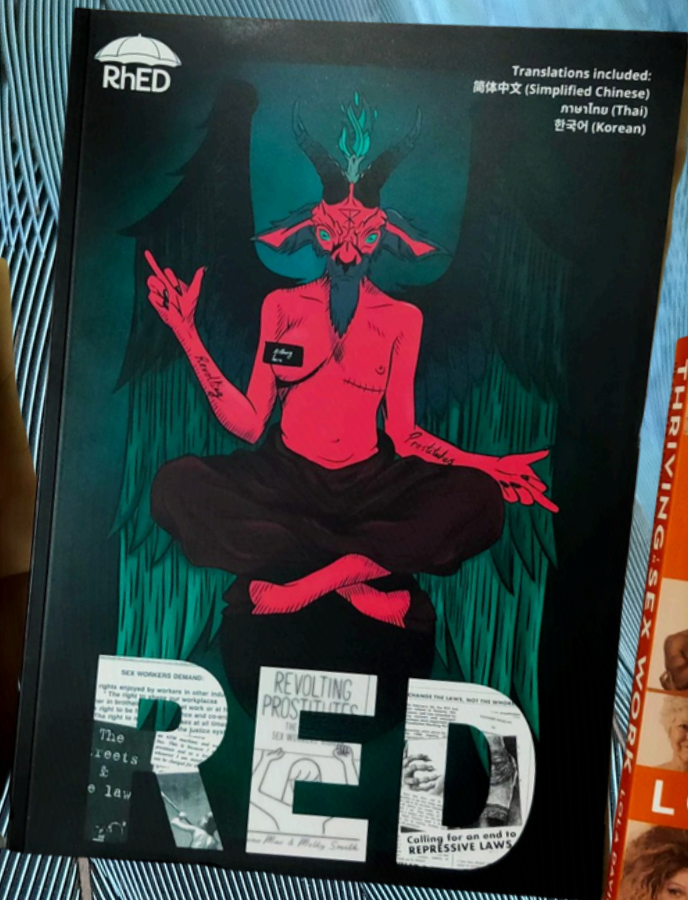
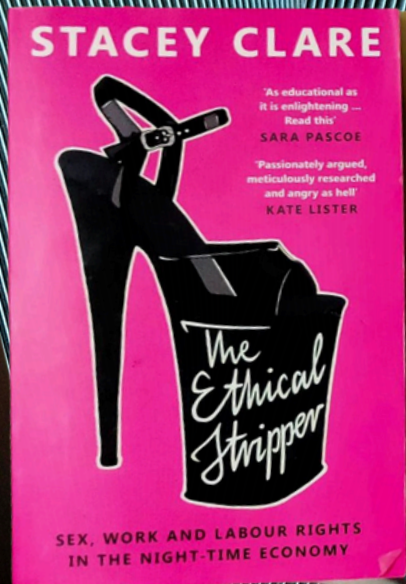
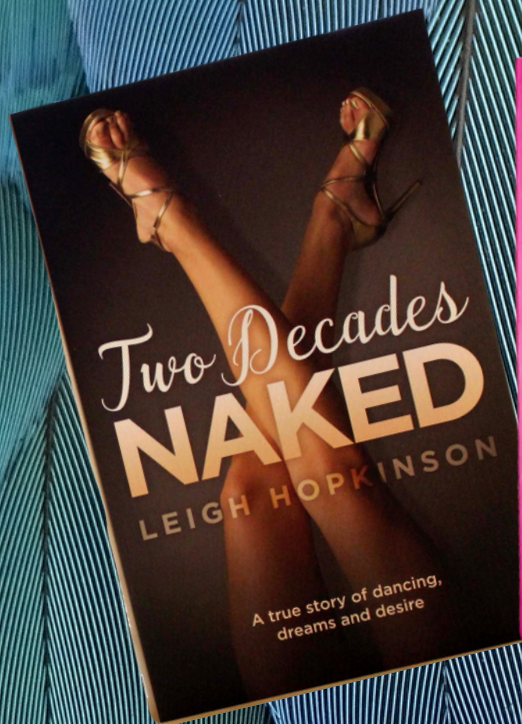
It's always worth bringing a meal or snack items to work! Many clubs will have a refrigerator and microwave to store and heat food. Some clubs allow you to order food in-house or to be delivered. Shifts are often long in the dancing world; and you may be drinking caffeinated drinks or alcohol throughout your shift. Eating and ensuring that you stay hydrated is important to keeping up your hustle energy!

After Food

Bringing a toothbrush, mouthwash, gum and/or mints is very, very useful to have in your workbag! Always check club policy in regards to chewing gum on the floor; oftentimes clubs will not allow gum if you are on the floor working, and you may need to opt for a mint instead!



TIP 6:



BRAIN FOOD



Brain & Feel Good 'Food'

Bringing along some items that you can either 'get into the zone' with or 'zone out' with can be useful! Books or magazines from the industry might be useful inspirational tools. Indulging in podcasts, ebooks, TikToks and/or Youtube clips *unrelated* to the industry can also be useful when you just need a few minutes to 'zone out' from your environment and recharge.

In short; always bring one thing to escape to when you need it throughout the shift!





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