

# ANTHONY ROBBINS LIVE DATE WITH DESTINY



## RECOMMENDED DWD CREW PACKING LIST:

- A bag to keep all your stuff in in the crew room. (Do not bring valuables)
- Attire for “Day 0” (crew registration day) is casual, anything you want.
- Attire for *all* the other days, will be a *black* crew shirt on top and (ideally) black bottoms. Please look sharp as you’re representing TR Crew and Tony Robbins
- Pants – should be (black or dark) chinos, dress pants, skirt, or nice jeans.
- Black long-sleeved shirts or a black sweater for under crew shirts for each day. It gets cold in the room and you must have your crew T-shirt on top of whatever is keeping you warm.
- If you have BLACK crew shirts from crewing previous events, please bring those to use also. (Each Crew member will receive two black crew shirts at this event.)
- Food bars, nuts, fruit, raisins -- healthy, nonperishable, snacks, enough to get through the day. Keep your energy up!
- Water bottle - drink lots!
- Comfortable shoes. This is especially important for ushers and mic runners who need to have flexible shoes so they can crouch and squat.
- Your mobile phone - You will get communications through slack and need to have the app installed.
- If you choose to wear a face covering, we prefer you wear a black mask. Please no gaiters, bandanas or plastic face shields.

## Some optional extras for your comfort:

- Throat lozenges
- Ear plugs (optional, but nice if you’re going to be in the room a lot)
- A pouch or bag to have with you during the day so you don’t leave valuables in the crew room.
- An external battery pack for your phone.
- Hand sanitizer