

AMAZING!! ★ ★ ★ ★ MASCOTS

Mascot Costume Guide



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Before getting into costume:

- In order to keep the mascot clean it's best that the performer showers before getting into the costume.
- The performer should wear light weight clothing underneath the costume, such as a t-shirt and athletic shorts. (During breaks it's a great idea to change into a fresh/dry t-shirt to help keep the costume dry.)
- The performer should be properly hydrated before getting into costume. It's best if he/she starts drinking extra water the day before the appearance, or at least a few hours prior to performing. Avoid drinking coffee, soda, or alcohol as they cause dehydration. Dairy products can also have an ill effect.

Putting on the costume

- Put the fur body on first. Zip up the zipper.
- Pull the feet covers up around your ankles.
- Secure your sneaker to the base of the shoe using the two straps.
- Insert your foot into your sneaker. Adjust the straps as needed.
- Pull the foot cover down over your sneakers. Attach the Velcro bottom of the feet covers to the Velcro on the shoe base.
- Put on mascot head. Adjust the chinstrap as needed. If the head fits loosely you can add in pieces of foam (included) to create a more snug fit.
- Unzip the zipper some and tuck the neck into the fur body. The performer may need assistance tucking in the neck. Pull the zipper back up.
- Put on the mascot jersey. Button it up.
- Velcro and snap on the hands.
- You're ready to perform!

Getting used to the costume

- In order to get used to the costume's limited vision put on just the head and practice walking around. To getting a better view of things, move the head around a lot and survey the environment.
- To get used to walking in the feet, put on just the feet and practice walking around. Mascot feet are larger than normal sneakers. You need to adjust to the extra length. Practice walking up and down stairs.
- Put on just the hands and practice picking things up. You can also practice signing autographs. Know that it is very easy to accidentally get marker/ink on the costume hands, so be careful when using pens and markers.
- After practicing with the parts individually and getting comfortable, put on the head, hands, and feet and practice moving around. Pay attention to your vision and breathing. These are the two things that new performers take a while to adjust to.
- Now try the entire costume on. If possible practice before a mirror or tape yourself.
- When starting out as a mascot it is best to limit your time in costume to 10-15 minutes. If you feel too hot, ill, or claustrophobic, GET OUT OF THE COSTUME.
- Do not push yourself to stay in the costume too long. Heat sickness is a real concern for new performers. Signs of heat sickness include (from WebMD):
 - Confusion.
 - Dark-colored urine (a sign of dehydration)
 - Dizziness.
 - Fainting.
 - Headache.
 - Muscle or abdominal cramps.
 - Nausea, vomiting, or diarrhea.
 - Pale skin

If you experience any of these symptoms it's essential to immediately get out of the heat and rest, preferably in an air-conditioned room. If you can't get inside, try to find the nearest cool and shady place. Drink plenty of fluid (avoid caffeine and alcohol). Remove any tight or unnecessary clothing. Take a cool shower, bath, or sponge bath. Apply other cooling measures such as fans or ice towels. If such measures fail to provide relief within 15 minutes, seek emergency medical help, because untreated heat exhaustion can progress to heat stroke.

Mascot performance tips

- Practice acting out different emotions such as:
 - Happy
 - Sad
 - Angry
 - Bored
 - Scared
 - Lazy
 - Shy
 - In love
- Show a range of energy from a 1-10, with 1 being the lowest and 10 being the highest. Try doing an emotion such as “Happy” at a 1, then gradually work yourself up to a 10. Then try doing an emotion such as “Angry” at a 10, then work down to a 1. The point of the exercise is to learn how to show different emotions at different levels of energy. You can’t be at a 10 the entire time you perform, or else you’ll get tired fast!
- Practice common situations such as:
 - Your team just scored
 - Your team just missed a basket/field goal/etc.
 - Your team just won!
 - Your team just lost.
 - You’re leading the team out on to the field
 - And more!
- Practice non verbal communication. This means “use your actions to convey what your character is saying.” For example:
 - “I’m hungry!”- Rub your belly, point to food then point to your mouth.
 - “I’m tired.”- Act out yawning, stretch your arms, droop your head.
 - “Hurry up!”- Tap your feet, look at your watch, gesture for them to get moving.
- Learn basic dance moves
 - The sprinkler
 - The running man
 - Hammer dance
 - Whip Nae Nae
 - Etc!
- Watch other mascots perform. There are tons of videos on the internet. Watch other performers and mimic their moves. Soon you’ll develop your own signature moves.
- Practice, practice, practice! In front of a mirror is best or tape yourself.

After an appearance

It's best to have a designated area to store the costume between appearances. This area should have a place to hang the costume and 1-2 fans to help dry it out. The area should be secure so no unauthorized individuals can access the costume.

- **DO NOT** leave the wet costume in the bag for too long. A costume stored wet in a bag will soon grow mold and other bacteria making the costume smell and be unsanitary to wear.
- **DO NOT** leave the costume in a hot car for too long. Prolonged exposure to heat can damage parts of the costume.
- **DO** hang the costume body up. If possible turn it inside out so the wet interior can dry off.
- **DO** spray the body with a 50/50 mixture of amber antiseptic mouthwash and water to help kill bacteria. Do not use green/blue colored mouthwash as it leaves a sticky residue.
- **DO NOT** spray the body with Lysol or any other aerosol and perfumed spray, especially in the head. These heavily perfumed liquids end up making the costume smell unbearable. Also if you spray Lysol in the head, the next time someone wears the head and begins to sweat, the chemicals will leak out of the costume and into the performer's eyes causing irritation.
- **DO** put the head on or near a fan after spraying the 50/50 amber mouthwash/water mixture in it. Heads are the hardest part of the costume to wash. By drying it out after every appearance you'll help it stay smelling fresh long

How to clean the costume

- The mascot body, hands, feet covers, and jersey are all machine washable.
- **YOU MUST USE A WASHING MACHINE WITHOUT AN AGITATOR.** The agitator is the part in the middle. This will **TEAR AND DAMAGE THE COSTUME**. You must use a front load washer, or a top load washer that does not have an agitator. If you do not have one at home almost all laundromats have double or triple load washers that will work.
- Wash the costume on the delicate cycle using cold water. Do not use too much detergent or it will not wash out of the fur. Use fabric softener when possible.
- **NEVER PUT THE COSTUME IN A DRYER. THIS WILL DESTROY THE COSTUME.** Fake fur is plastic, and heat melts plastic. Mascot costumes that have been put in the dryer become a nappy ball of melted fur.
- **HANG THE COSTUME TO DRY.** It will take the costume several hours to air dry. You can expedite this by directing a fan or two on the costume to help it dry faster.
- **The head must be hand washed.** Put the head on a stand for support. Dilute detergent in a spray bottle and spray it on the head. Use your hands to massage in the detergent. Let it sit. Use the shower head to rinse off the head. Allow head to drip dry for a several hours. Direct a fan on the head to speed up the drying process.



For more costume care and performance tips visit our blog at:

www.HowToBeAMascot.com

To see our latest mascot videos, visit our YouTube channel at:

www.youtube.com/AmazingMascotsInc

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