

# First Date Checklist - Women

By Kent McGroarty

- Hygiene and personal care**
  - Shower using your favorite body wash or soap** Scrub the skin and face with a gentle exfoliant after sudsing for soft, smooth skin.
  - Brush and floss, and pack mints** Practice good dental hygiene before and during the date.
  - Shampoo and style your hair** Pack mini versions of hair spray or other products if you think you'll need to touch up during the date.
  - Apply your usual "date" makeup** Wear your favorite "going out" look, which may include more eye makeup or a bolder lip color. Carry a compact and lip gloss in your bag for mid-date reapplication.
  - Spray your favorite perfume and don't forget the deodorant** Pack a travel size version of your perfume in your bag if it's not particularly long-lasting.
- Clothing and shoes**
  - Wear heels to make your legs look longer** If you do not think you will have to walk around a lot throughout the course of the date, go for flattering high-heeled shoes. If the date involves a lot of physical activity, stick to comfortable flats.
  - Pick an outfit a day or so before the date** Find a dress, top and skirt, or top and pants that best suits your shape. Wear an outfit that makes you feel comfortable and sexy without revealing too much cleavage or showing off your entire midriff.
- Date destination**
  - Write down taxi company numbers before you leave for the date** ;Keep one or two cab numbers with you for in case one or both of you cannot drive by the evening's end.
  - Suggest meeting him at a particular restaurant or other location if that makes you feel more comfortable than getting picked up.**
- Etiquette and behavior**
  - Laugh at his jokes, but don't force it** You don't want to look like you're trying too hard.
  - Silence your phone** Show respect by not taking calls, texting or checking your phone throughout the date.
  - Don't feel like you have to talk all the time** A few moments of silence is better than forced conversations.
  - Avoid talking about your ex.**
  - Lay off the alcohol** Keep your wits about you at all times during a first date, so say no to that third double vodka martini.