



## SUMMER INTENSIVE PACKING LIST

### Ladies

- Leotards: Solid colors and at least one per day
- Tights: Pink or flesh colored and at least one pair per day
- Ballet skirt (black or white)
- Ballet slippers: canvas or leather, pink or flesh toned if appropriate
- Pointe shoes: 3-6 pairs
- Toe tape, toe separators, gel toes, toe pads and other pointe shoe accessories
- Feminine hygiene products

### Men

- White leotards or short-sleeved fitted dance shirt
- Black tights - at least one pair per day
- Dance belt
- White socks - at least one pair per day
- White Ballet slippers

### All Students

- Other dance shoes: Jazz shoes, Character shoes, clean and scuff-free shoes for Hip-Hop
- Warm-ups: dance pants, leg warmers, booties, etc.
- Loose clothes for Hip-Hop **only**
- Hairpins, ties, hairnets, hairspray
- Manicure/Pedicure tools
- Personal First Aid kit: Icy Hot or other sore muscle ointment, band aids, ace bandage, quick ice pack, heating pad
- Sewing kit
- Dance bag
- Water bottle
- Dance journey (bring this with you each day so that you can take notes)
- Therabands
- Lunch for each day
- Power bars and other healthy snacks
- Yoga Mat
- Make-up (for performance)
- Simple activity for breaks like a book, notebook and pen, knitting or crocheting, etc.