

Young Dancers Workshop

WHAT TO BRING LIST

Clothing and Footwear

- Enough dancewear to get through one week
- A set of black dancewear for the final showing
- Ballet slippers
- Pointe shoes if you have them (for optional pointe workshop)
- Jazz shoes
- Sneakers for Hip-Hop (ankle high sneakers are best)
- Kneepads for Hip Hop (we will be selling Chinese kneepads at the Festival office for \$15.00)
- A long skirt or cloth wrap for Afro-Caribbean
- A sweatshirt, sweater or light jacket
- Clothes to wear to concerts (these can be informal)
- Bathing suit
- Umbrella or rain jacket

Health and Hygiene

- Bath Towels & wash cloth
- Prescription or over the counter medicine
- Toiletries (i.e. shampoo, soap, toothbrush, etc...)
- Sunscreen
- Feminine hygiene products
- Dance belt
- An ace bandage
- Tape for your feet, if you use it
- Extra contacts and/or glasses.

Other Items

- Phone card
- Bankcard or enough cash to get you through three weeks (\$50.00 - \$75.00 is more than enough)
- Alarm clock
- Small reading lamp
- Small fan
- Journal
- Extra pillow and blanket - one of each is provided by the festival.
- Camera
- Videos of your own work to show and share
- Portable CD player or ipod if you plan to rehearse

This is only a suggested list. Please feel free to alter it to fit your personal needs.