



## Your 10 point MUST PACK dance bag checklist

Ever had those moments where you got to dance class only to realise you left your Jazz shoes at home, or are dying for water but forgot to fill one up? Or you may be a new dancing family and have no idea what you need to take with you to your first dancing lesson.

The below list of **MUST PACK** items will help you **ALWAYS** remember those little extras.

- A WATER BOTTLE:** maybe one of the most important things, particularly in the warmer months. Water will ensure your dancer stays hydrated throughout class and will help cool down the body.
- DANCING SHOES:** It's so important to wear the correct shoes for dancing class to ensure the teacher can see your feet clearly (to correct technique) and to also make sure you don't slip. If this is your first time dancing, sneakers/joggers are also fine to wear.
- DANCING CLOTHES:** This one you may not need to pack in your bag, but again like with shoes, it is important to wear the correct clothing so that the teacher can correct technique. E.g. Ballet requires form-fitting clothes so posture can be corrected.
- A JUMPER:** Especially for the colder months, it is a good idea to pack a jumper to wear for the beginning warm up of class as well as before and after class. So your dancing clothes don't get dirty, you should pack some spare clothes to put over your uniform after class and pack some other shoes to change into, so your dancing ones don't get dirty.
- A SNACK:** This is sometimes important if you do a few classes back to back and need a small snack to keep your energised. They should be healthy, light snacks and nut free. Snacks should be taken during breaks between classes, rather than during class.
- HAIR TIES AND BOBBY PINS:** We've all had those moments where our hair is falling out of a ponytail and we don't have any more ties or pins to fix it. Save yourself this problem and pack a few extra hair accessories.
- NOTE BOOK AND PENS/STICKER BOOK:** Some students find it helpful to write notes on what they learnt or reminders of things that were said in class. For younger students, it's a fun idea to pack a notebook that can be used to put stickers in it.
- PERSONAL ITEMS- BAND AIDS, DEODORANT, ETC:** This can help dancers remain comfortable in class especially after a big workout.
- ANY EXTRA ITEMS YOUR TEACHER WANTS YOU TO BRING:** Sometimes your teacher may want you to pack a prop for a certain dance, extra safety gear or for older classes, a phone or video device so you can video choreography if you wish (not compulsory though!)
- YOUR SMILE:** This is what dance teachers look forward to each week- **SO BRING IT!**