# Southland Ballet Academy

# Summer Intensive Things to bring

#### **Useful Items**

first aid kit with plenty of band-aids sewing kit with safety pins water bottle sealable plastic bags exercise or yoga mat

## Dancewear for women

Pink pointe shoes Pink technique shoes Character shoes with 1 <sup>1</sup>/<sub>2</sub> inch heels Character skirt-black knee length circle skirt Pink tights to be worn under leotard Black leotards Practice white tutu

## Dancewear for Men

Black or white ballet shoes Tights and/or unitard white t-shirts dancebelts