

Southland Ballet Academy

Summer Intensive Things to bring – Junior Camp

Useful Items

first aid kit with plenty of band-aids
sewing kit with safety pins
sealable plastic bags
Theraband – for stretch class
Yoga Mat – for stretch class

Dancewear for women

Pink pointe shoes – if on pointe already
Pink technique shoes
Character shoes with 1 ½ inch heels
Character skirt-black knee length circle skirt
Pink tights to be worn under leotard
Black leotards

Dancewear for Men

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

Everyday Need to Have

water bottle
lunch