

Dance Bag for Summer Intensive or Long Rehearsal Day (8+ Hours)

Item	Packed? Y or N	Notes
Shoes (all types)		Pack the appropriate shoes for your schedule
Hair Brush		It's best to find travel size versions of these
Bobby Pins		
Hair Ties		
Hair Spray		
Deodorant		
Snacks		
Lunch		This is if your program does not provide lunch
Electrolyte Packet		A must, in case muscle fatigue sets in
Reusable Water Bottle		Be a friend to the environment
Sewing Kit		In case your pointe shoes elastics/ribbons break
Extra Tights		Because life happens
Extra Change of Clothes		In case you get extra sweaty or need a vibe switch for different style dance classes
Feminine Supplies		Because life isn't always fair
Skirt		Mainly applicable for bun heads
Hand Sanitizer		An obvious must
Disinfectant Wipes		You can use these to wipe the barre before and after class
Notebook & Pen		To record all the new things you learn
Breath Freshener		You never know when you'll be asked to partner
Headphones		You'll need these for warm up or getting in the zone before class
Phone Charger		You never know when you'll need to film a combo or new step learned in class
Knee Pads		These are great for classes involving floorwork, especially hip hop and contemporary
Foam Roller/Massage Balls/Massage Stick		Any equipment that will help your muscles get through those long dance days (couple that with Tiger Balm/Icy Hot and you're all set!)
Theraband		
Makeup		For commercial classes or mock auditions
Headshot & Resume		For commercial dancers, in case a choreographer asks for them after class! (Pro Tip: Always just keep these in a folder in your dance bag)
First Aid Kit (Travel Size)		This should have your basics, from BandAids to over-the-counter painkillers