

CSU Dance Lab

Recommended Packing List

Clothing:

- Solid color leotards
- Black and pink tights
- Ballet shoes
- Pointe shoes (if applicable)
- Black bike shorts
- Nude leotard
- Yoga pants/leggings
- Athletic tops (no bare midriffs please)
- Warm ups
- Casual summer clothes (average temperatures 56°F evenings, 84 °F afternoons)
- Bathing suit
- 2-3 Dressier outfits
- Closed toed shoes/sneakers
- Sweatshirt or fleece
- Pajamas
- Socks/slippers
- Rain jacket or poncho

Personal Items:

- Toothbrush and toothpaste
- Shampoo, conditioner, soap
- Deodorant
- Sunscreen
- Comb, brush, hair pins, hair net, hair spray

- Stage makeup: foundation, blush, eye liner, eye shadow, mascara, false eyelashes, lipstick, makeup remover
- Hygiene products
- Personal first aid kit (bandaids, medical tape, Kinesiology tape, compression wrap, etc.)

Other Materials:

- Identification
- Copy of medical insurance card
- Credit card for dinner purchases
- Cell phone and charger
- Laptop or ipad and charger
- Headphones
- Dance bag (backpack or rolling bag recommended)
- Water bottle
- Notebook and writing utensils
- Lock for locker storage
- Theraband
- Yoga mat
- Laundry bag
- Quarters and detergent for laundry
- Umbrella
- Healthy snacks for your room