



# NEW HAVEN **BALLET**

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Summer Intensive at Choate

## What to Bring

### Toiletries

- Soap
- Shampoo
- Deodorant
- Toothbrush
- Toothpaste
- Shower Caddy
- Flip Flops
- Towels (Bath, Face and Pool)
- Sunscreen
- Razor
- Bug Spray

### Accessories

- Brush/Comb
- Hair Elastics
- Bobbi Pins & Hair Nets
- Makeup
- Hair Gel/Hair Spray
- Performance accessories
- Spray Bottle (Water)
- Safety Pins

### Bedroom

- Slippers or Socks
- Twin XL Sheet Set
- Pillow with Pillowcase
- Electric Fan
- Blanket/Lightweight comforter
- Pajamas
- Prescription Medications (Health Office)

### Dance Bag

- Dance Attire
- 2-3 Pairs Pointe Shoes
- Tights: match Pointe Shoes
- Sewing Kit
- First Aid Kit
- Ballet Shoes
- Small Purse or Wallet
- Hand Sanitizer
- Warm Ups
- Snacks
- 2 Fillable Water Bottles

### Clothing

- Swimsuit & Beach Towel
- Joggers or Sweat Pants
- Tee Shirts
- Shorts
- Rain Jacket
- Sneakers
- Jeans

### Other

- Phone & Charger
- Balance Board & Yoga Mat
- Strong Theraband & Tennis Ball or  
Muscle Roller
- Cash