

# EXPRESSIONS DANCE STUDIO

## WHAT'S IN A DANCER'S BAG?????

A DANCER SHOULD ALWAYS HAVE A DANCE BAG AND A PERFORMANCE BAG.- BRING BOTH TO EVERY PERFORMANCE SO YOU ARE READY FOR ANYTHING.

- EXTRA TIGHTS!!! YOU CAN NEVER HAVE TOO MANY TIGHTS! EXTRA LEOTARDS ARE GOOD TOO.
- EXTRA HAIR/MAKEUP SUPPLIES, IF YOU HAVE PUT ON YOUR MAKEUP AT HOME, BRING YOUR HAIR AND MAKEUP SUPPLIES WITH YOU- WE SUGGEST A SPECIAL HAIR AND MAKE UP TOTE! ASK A STUDIO REP FOR HELP ON CUSTOMIZING YOUR TOTE- WE USE A TACKLE BOX!!!!
- EXTRA STUDIO EARRINGS/HAIR PIECES- OUR STUDIO IS GREAT AT USING UNIVERSAL JEWELRY AND HAIR PIECES. ORDER AN EXTRA SET TO ASSURE YOU ALWAYS HAVE WHAT YOU NEED.
- EMERGENCY ITEMS SUCH AS - CLEAR NAIL POLISH,ANTIBIOTIC OINTMENT, ICE PACK, SMALL SCISSORS, NEEDLE AND THREAD, TAPE, BODY GLUE,SAFETY PINS, BANAIDES, SMALL TOWEL,PLASTIC BAGS, UMBRELLA ,ETC....SEE A STUDIO REP IF YOU WOULD LIKE SUGGESTIONS ON WHAT TO PACK IN YOUR "JUST IN CASE" BAG. ALWAYS PREPARE FOR THE WORSE CASE SCENARIO.
- BOTTLED WATER- SOMETIMES YOU NEED WATER AND WE MAY NOT HAVE A SINK AVAILABLE.
- UNDERGARMENTS- A SOLID UNDERGARMENT SHOULD ALWAYS BE WORN UNDER YOUR COSTUMES
- WARM UPS- YOU SHOULD NEVER BE SEEN IN YOUR COSTUME- WEAR A STUDIO WARM UP ORZ ZIP UP JACKET OF SOME SORT OVER YOUR COSTUME.
- CLOTHES TO CHANGE INTO AFTER YOUR PERFORMANCE!!!!
- YOUR PERFORMANCE MUSIC- LISTENING TO YOUR PERFORMANCE MUSIC HELPS KEEP YOU IN THEN MINDSET. AN IPOD/ MUSIC PLAYER AND HEADPHONES ARE HANDY! READING MATERIAL IS ALSO GREAT! PEN AND PAPER COULD COME IN USEFUL AT TIMES!
- HEALTHY SNACKS TO KEEP YOU GOING- THERE IS LOTS OF WAITING AT TIMES.
- ANY MEDICAL SUPPLIES YOU MAY NEED FOR PERSONAL USE!- GIRLS PLAN ACCORDINGLY.
- LAST BUT NOT LEAST, ANY PAPERWORK YOU MAY NEED, WITH STUDIO INFO, LOCATION ETC.....
- A LOT OF THESE ITEMS WE RECOMMEND CARRYING IN YOUR EVERYDAY DANCE BAG FOR THOSE THAT ARE AT THE STUDIO FOR LENGTHY HOURS.