

NYB

National Youth Ballet

Dancer's Development Experience

Checklist – What to Bring

Please bring with you:

- Reusable water bottle (Can be refilled throughout the day if needed)
- Packed lunch and snacks (No nuts)
- Yoga mat or towel
- Dancewear- Leotard/Tights/Socks/Skirt
- Warm up clothes
- Flat ballet shoes
- Pointe shoes (if already working en pointe)
- Named Bag suitable for carrying dance-wear, shoes, etc. to classes
- A5 notepad, pencil, pen

Please note: Students will not be permitted to leave the building at any point during the day, so please make sure you have enough food/snacks to last until the end of the day.

Mobile Phones are permitted but should not be used in the studio at any time.

What not to bring

- Do not bring any nuts. NYB will be a **Nut-Free zone**.
- Do not bring aerosols as these set off the fire alarms.