



National Youth Ballet 2023 Season

What to bring:

Please bring:

- Dancewear you would normally wear to classes and rehearsals (eg. leotards, tights, t shirts etc)
- Skirts/shorts if worn
- Tights/socks if worn
- **Senior company only-** Knee pads for dancing, any colour (example: <https://www.dancewearcentral.co.uk/accessories-c1/knee-pads-p336>)
- Longer skirt such as Character/National skirt, if you have one
- Dance clothes suitable for Modern/Jazz and Body Conditioning (Optional)
- Fleece jacket/sweatshirt/zip hoody and jogging pants
- Flat ballet shoes
- Socks for contemporary
- Pointe shoes if worn
- Character shoes/Jazz shoes - if you have them

- Named bag suitable for carrying dancewear, shoes, etc. to classes
- Reusable water bottle
- Towel
- Make-up and brushes, remover, cotton wool pads, etc.
- A5 Notepad, pencil, pen
- Personal clothing - clearly named
- Personal toiletries (no aerosols)
- Optional- dressing gown in case of a fire alarm. Also can be used backstage during sharing if desired.
- Fancy dress outfit – Jungle theme
- Optional- Watch/alarm clock
- Optional- books, games, kindle, blanket, colouring etc

Please do not bring any nuts. NYB is a Nut-Free zone.

Please do not bring any aerosols as they set off the fire alarms.

Accommodation

Accommodation at Elmhurst Ballet School is a selection of single and double rooms. The cast have been allocated their rooms, if you have any additional needs please contact admin@nationalyouthballet.org

Elmhurst cleaning team will dress all the beds with under sheet, pillow with pillowcase and duvet with duvet cover so the only thing dancers will need to bring is a towel.

Mobile Phones

Mobile phones are permitted, but all participants under 14 will be requested to hand them in during the day. We ask that you encourage your young person not to phone home too regularly or if they encounter any minor problems at the Residential. Instead, please ask them to speak to their house parent or an NYB member of staff who will contact you if necessary.

Tuck Shop

There will be a tuck shop several evenings during the Residential. Items cost 50p, please remember to bring small change should you wish to visit the tuck shop.