



## **National Youth Ballet 2025 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
- Knee pads for dancing if already owned
- 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 hoodie 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 for showering
- Make-up and brushes, remover, cotton wool pads, etc.
- A5 Notepad, pencil, pen
- Personal clothing - clearly named
- Personal toiletries (no aerosols, and don't forget your toothbrush!)
- Fancy dress outfit – Theme is 'Enchanted Forest'
- Optional - Dressing gown in case of a fire alarm
- Optional - Sleep aid/watch/alarm clock (For participants 12 and under who are required to hand in their phones, this is useful to know the time and wake-up at the correct time)
- Optional- Books, games, kindle, blanket, colouring etc

**Pre-loved Dancewear Sale - Please bring any clean, good-quality dancewear that you no longer use and drop them into the donation box on the first day of the residential. Items will be on sale throughout the week.**

**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 company have been allocated their rooms, if you have any additional needs please contact [admin@nationalyouthballet.org](mailto: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 aged 12 and under 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.