

**METROPOLITAN BALLET ACADEMY
CHECKLIST FOR PARENTS AND DANCERS**

Please check off all items before leaving home each day:

All items labeled with dancer's name

- Hair (as directed) and makeup done prior to arrival time, except for lipstick.
- Masks**, along with a labeled ziploc bag to store them when onstage.
- Hair Kit:**
 - spray or gel
 - bobby pins: many! regardless of hair length, boys too!
 - extra hair net, hair pins, hair ties
- Shoes:**
 - Ballet slippers: pink or black as specified. Labeled, elastic straps sewn, drawstrings knotted, trimmed to 1", and taped inside.
 - Pointe shoes: toe pads, wool, etc; sewing kit; socks/booties to cover while offstage
- Tights/Socks:**
 - Ladies: Wear one pair; have at least 1 spare, new pair in dance bag. NO underwear under tights.
 - Men: black socks, at least 2 pairs. Place spares in ziploc bag with dancer's name.
- Undergarments:**
 - (for older dancers): nude leotard, nude briefs, etc. as directed
- Hygiene Kit:**
 - deodorant (salt stick please!), menstrual products, makeup wipes/remover
 - simple first aid items, band-aids, etc.
- Clothing:**
 - Something over leotard for before/between/after shows; costumes stay at the theater.
 - Class leotard should be worn when arriving for dress rehearsal!
- Water/Lunch:**
 - Only needed if in both shows.
 - water only, no peanut based foods, no chocolate, no red dye foods, no messy foods, etc
- Entertainment:**
 - quiet activities such as card games, books, coloring books (no markers!)
 - NO ipads or other electronic devices
- Towel** for sitting on