*MAKE SURE YOU LABEL EVERYTHING YOU BRING WITH YOUR NAME*

- Dancewear for daily conditioning, ballet and modern classes. (see dress code) Generally speaking, you will probably need two leotards per day.
- At least two pair of new or almost new pointe shoes.
- For informal showing on July 9 – plain black camisole leotard (no fancy straps) black capris and/or black long footless tights, black chiffon ballet skirt (if you have one).
- Casual clothes
- Cover ups – sweat pants/shorts, etc.
- Sneakers
- Shower shoes or flip flops
- Medium resistance, 5-foot x 6 inch exercise band for conditioning class (ex. Dyna-Band brand -Green, Thera-Band brand - blue). These will also be available for purchase during the workshop for $3.50.
- Water bottle
- Swim suit, beach towel and sun screen for outing to St. George
- Rain gear and umbrella
- Sheets for a twin bed – dorm mattresses are long twin beds, but a regular twin flat sheet wraps around the mattress just fine if you do not have a long twin fitted sheet.
- Towels
- Laundry Detergent
- General spending money – suggested amount - $25 for each week plus $20 for dinner at St. George Island and money for souvenirs if you are interested.
- Soap for hand washing
- Food items (you will have a small refrigerator and freezer in your room and access to a shared kitchen on each floor with a microwave, stove, oven, and sink):
  - Breakfast items if you are on the 2-meal plan
  - Healthy snacks for both 2-meal and 3-meal plan people
  - Plates, bowls, and flatware as needed (many students prefer paper/plastic items) as well as paper towels.
- Toe tape, band-aids and other necessities for foot care while dancing
- Journal/Notebook
- Inexpensive white T-shirt or tank top to tie-dye on the 4th of July.

**OPTIONAL THINGS TO BRING IF YOU HAVE THEM**

- Various types of shoes for evening classes – tennis shoes, jazz shoes, character shoes
- Casual dancewear for evening classes – shorts, tank tops, warm ups, etc.
- Exercise or yoga mat for conditioning classes (We have mats but you may prefer to bring your own.)
- Snacks for in the dorm room
- Many students enjoy bringing a lap top and DVDs to watch movies in their room in the evening

PLEASE BE SURE TO BRING ANY MEDICATION AND FEMININE PRODUCTS YOU THINK YOU MIGHT NEED. THE STAFF CANNOT PURCHASE THESE FOR YOU. IT IS BETTER TO BE PREPARED THAN NOT.

**LAUNDRY.** The washers and dryers in Bryan Hall are not coin operated and require a separate card that is costly to obtain. Each of your counselors will have their personal FSU cards. You can figure out the total amount you will need for washing and drying your clothes and give that amount to your counselor who will deposit it on their personal card and then swipe the machines for you. It sounds a bit complicated but it works. Last year laundry was $1.25 for washing and $.35 for drying/15 min. Bring $1’s and change as the counselors may or may not be able to change money for you.

**SNACKS.** There are various snack and soda machines in Bryan Hall and Montgomery Hall. The Trading Post in the Union area is also a great place to pick up snacks, first aid, needs, etc.

**FSU SEMINOLE TEE SHIRTS, ETC.** Your counselor will arrange time for you to visit Bill’s Bookstore or the FSU Bookstore if you are interested in “Noles” tee shirts, etc.