

The Well-dressed Dance Bag

These are items you should have in your dance bag. This list is primarily designed for dancers “en pointe”. The **highlighted items in bold** would be for non-pointe dancers.

Pointe shoes are held together with glue, which can be broken down by moisture & perspiration. They must be air dried overnight to assure their longest life.

Always air out all your shoes after lessons, taking out any inserts or cushioning items. Regularly check condition of all your shoes— make sure elastic and ribbons are in good working order.

If any physical injury occurs, take proper measures immediately. If you are not certain of what to do, ask your instructor.

Read the HSDA Student Etiquette sheet carefully, and follow it’s suggestions.

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Items for your bag:	
1. Two clean hand towels	
2. Band aids	
3. Nu-skin	
4. Medical tape	
5. Mole skin	
6. Lambs wool	
7. Astringent	
8. Hydrogen peroxide	
9. Wet wipes	
10. Scissors	
11. Clear nail polish	
12. Personal hygiene items	
13. Aspirin or equivalent	
14. Needle & thread	
15. Safety pins	
16. Thimble	
17. Arch roller	
18. Pinky ball	
19. Thera-band	
20. Extra leotard	
21. Extra tights	
22. Compact mirror	
23. Hair rubber bands	
24. Hair spray or gel	
25. Bobby pins	
26. Hair nets	
27. Hair brush	
28. Net dry-out bag	
29. Bottle of water	