



WHAT TO BRING

Training & Performance Wear Recommendations

RECOMMENDED FOR ALL:

- 3 - 5 sets of training clothes, including leggings, shirts, tanks, running shoes, etc. Appropriate coverage and range of motion are essential.
- A personal yoga mat is also *strongly* recommended for conditioning and flexibility classes.

REQUIREMENTS FOR MEN:

- 1-2 dance belts (jock straps)
- 1 pair of black split-sole jazz shoes (see below if you intend to study equilibristic skills)
- 1 pair black dress trousers (a touch of spandex improves range of movement)
- 1-2 white lightweight cotton-poly button-down dress shirts
- 1 pair black dress shoes.

REQUIREMENTS FOR WOMEN:

- At least 2 good quality, compression sports bras for high impact activities (If you are larger-breasted, please do yourself a favor and spend the extra money on the ultra-compression "major-masher" bras!)
- A full compliment of flat-seamed thong underwear for use under tights and costumes
- At least 2 pairs of Supplex, camisole body-tights (Capezio & Danskin call them "body-liners") in your skin-tone
- 1 pair good quality, heavy fishnet tights in your skintone or slightly lighter (aerialists will require 2-4 pairs)
- 1 pair of tan flat split-sole T-strap dance shoes (sometimes called "teaching sandals")
- 1 pair of black trousers (spandex & bootleg are fine, but belly-baring low rise waists are not)

REQUIREMENTS FOR EQUILIBRISTS:

- 1 pair flat-soled ballet slippers, water shoes or gymnastic shoes (split soles are not suited for wire & unicycle)

REQUIREMENTS FOR AERIALISTS:

- 1 pair of tan lycra ankle supports (can be found in most apothecary/ pharmacy shops near bandages)
- 1 pair of tan colored leather or canvas lace-up jazz boots (these boots can be hard to find)
- At least one pair of full-length, tight-fitting cotton / spandex leggings are strongly recommended to protect your legs from rope-burns in practice (sweatpants and baggy tights tangle and are unacceptable)
- 2-4 pair good quality, heavy fishnet tights in your skin-tone (a little lighter is better than too dark)



WHAT TO BRING

Performance Makeup Recommendations

PERFORMANCE MAKE-UP KIT

These are recommendations are for both male and female students, and have been based on the personal experience of our staff members. Professional and over-the-counter brands have been listed, where possible. You may have preferences in brand or requirements for your skin-type and sensitivities. Use your best judgement or, if in doubt, just wait until the course begins to finish your make-up kit. Professional brands are available at Charles Fox, a full pro-makeup store on Tavistock Street just off of Covent Garden in London.

- **FOUNDATION:** Foundation is required for all performers, male & female. Full-coverage foundation is best, as sheer or powder foundations often become too translucent in stage lighting. Be sure to find a shade that closely matches your skin. Translucent face powder is also required to set foundation and reduce shine.
Over-the-counter: Max Factor Lasting Performance or Pan-Stick foundation, Maybelline Dream-Matte Mousse, Rimmel Stay Matte Pressed Powder, Cover Girl Shine-Free Pressed Powder.
Professional: Kryolan Ultra Foundation Stick or TV Paint Stick.
- **EYES:** Eye-shadow and liner are required for all performers, male & female. A white, black and grey eye-shadow palette is best for general use and women may use an additional color -- baby pink, violet or pale blue, but no reds or overly bright colors please. Eye-liner in crayon or liquid variety; black for general use and women may use bright colors if desired (liquid-liner is trickier but produces more dramatic results). Black waterproof mascara is good for general use. False eye-lashes are recommended but not required for women.
Over-the-counter: Revlon Color-Stay 12-Hour Shadow, L'Oreal Double-Extend Mascara (or any with primer).
Professional: Kryolan has multiple lines to choose from and can personalize a palette for you.
- **LIPS:** Men should use lip-balm to look nice and prevent dry-mouth (Lips love to stick to your teeth after a few minutes of non-stop smiling!). Women should have at least one lipstick in a shade that is darker than their neutral lip-tone, but still within their natural color range (brightest red is not for everyone). Over the counter brand lipsticks have caught up with professional brands in terms of staying power and are cheaper.
Over-the-counter: L'Oreal Endless Platinum, Revlon Color-Stay, etc.
- **REMOVAL:** Makeup removal can be hard on facial skin. Try light cream removers specific to your skin's type and sensitivities. Never use baby oil, mineral oil or petroleum / petrolatum based products as, over time, they will cause flaking, inflammation and breakouts in even the healthiest of skin.