

Required Supplies:

- Pointe Shoes – properly fit at a reputable store or with teacher supervision.
- Toe Pads – gel/fabric pockets that fit over toes and metatarsal knuckle such as “Ouch Pouch” brand by Capezio, proper size.
- Pointe Elastic – $\frac{3}{4}$ -1 inch, ballet pink
- Pointe Ribbons – First pair will be satin ribbons
- Sewing Supplies – needle, thread, scissors, thimble, pins, safety pins

Recommended Supplies:

*Many of these items come in handy as the dancer gets more experience, optional, but helpful!
I suggest keeping a little kit in your dance bag with your shoes.*

- Mesh dance bag, drawstring bag or backpack - to store pointe shoes (they dry out better between uses and will last longer.)
- Sewing Kit – for shoe repairs (thread, needle, pins, safety pins, thimble, small scissors. Keep it with pointe shoes).
- Toenail Scissors – toenails must be trimmed STRAIGHT across to avoid ingrown nails. Scissors are better than the curved clippers.
- Lighter or Clear Nail Polish – carefully melt ends to control fraying on ribbons, or lightly coat with nail polish. Nail polish can also help stop runs in tights. Use lighter only with parent permission and supervision by the teacher.
- Toe and Skin Protection -to prevent or treat blisters. Try any of the following:
Band-aids, gel-type band-aids, foam sports/medical tape, fabric or waterproof sports/medical tape, corn/callus pads, adhesive moleskin.



- Toe Spacers -silicone spacers to fill in gaps between toes for better alignment (if recommended by teacher).

- Toe Sleeves -Silicone or fabric sleeves that wrap around toes to protect them from rubbing (if recommended by teacher).



- Comfy shoes to wear after class! -open toe sandals in the warmer months to let feet breathe, warm slippers/soft shoes in the cooler months.