

Packing Checklist for a Weekend of Bellydance Workshops

Protein Bar or Trail Mix snack
Water- your own or a bottle to fill
Notebook- spiral or bound, your choice
Several pens- we always lose one
Directions to the workshop and from
List of closeby restaurants and coffee places
Directions to the above locations
All registration information printed out
Hipscarf, coin belt or wrap
Dance shoes
Socks
Cardigan or danceable layers for adjusting to studio temperature
Any props needed for workshops
Cash to purchase any music- some instructors don't take credit cards
Tylenol or aleve
Arnica gel for sore muscles
Business cards for networking with other dancers
Small canvas bag to store what you need for the day
Emergen C packet or vitamin water to replenish what you sweat out all day
Charger for your cell phone
A way to record video if you don't trust your phone