



# American Dance Training Camp

The **ULTIMATE** Overnight Dance Camp!

[www.AmericanDanceTrainingCamp.com](http://www.AmericanDanceTrainingCamp.com)

Phone/Fax: (866) 383-ADTC Email: [ADTC@ASDance.com](mailto:ADTC@ASDance.com)

---

## ADTC PACKING CHECKLIST

### MUST HAVES...

- Toiletries (toothbrush, toothpaste, soap [in a travel holder], shampoo, brush/comb, etc.)
- Sleeping bag, sheets & blanket (twin bed)
- Pillow & pillow case
- 2 Towels (1 bath & 1 beach)
- Waterproof coat
- Insect repellent (bug spray)
- Sunscreen
- Water bottle (very important!)
- Any medication (in *original* pharmacy containers)
- Pajamas
- Underwear for each day
- Socks for each day
- Spending money (to be left in a Canteen account)

### FOR DANCE CLASS...

- Jazz shoes (1 pair - either traditional jazz shoe or jazz sneaker, any color.)
- Fitted dance pants, shorts or leggings
- Leotard &/or fitted shirt or tank tops (if most comfortable dancing with shirt.)  
(Remember, you'll be dancing 4 + hours a day for 5 days. Pack at least 1 dance outfit per day, or plan to do laundry.)

### FOR AFTER DANCE CLASS...

- Casual clothes
  - 2 pair shorts (at least)
  - 2 pair long pants (jeans if horseback riding)
  - 3-5 t-shirts &/or tank tops (at least)
  - 2 warm sweaters / sweatshirts
- Shoes
  - 1 pair of shower shoes (rubber thongs)
  - 1 pair of sneakers
  - 1 pair comfortable sandals / summer shoes
- Swim suit
- One nicer outfit (if attending Weston Playhouse)

### HIGHLY RECOMMENDED...

- Camera & film
- Phone card or calling card number
- Book to read
- Personal journal & pen
- Stamps, envelopes & paper
- Hangers (if you need to hang clothes)
- Extra batteries for any battery-operated devices
- Old T-shirt (for art use & games)
- Wrist watch
- Fan (dorms are NOT air-conditioned)
- Hat/visor
- Sunglasses
- Flashlight

### OPTIONAL ITEMS...

- Travel games / playing cards
- Address book (or paper for getting friends addresses)
- Stuffed animal
- Dorm decorations (photos, posters, etc.)
- Bike, helmet, lock
- Hair dryer
- Laundry detergent (if doing laundry at camp)
- Umbrella
- Personal arts & crafts (string for friendship bracelets, bead-making supplies, etc.)
- Tennis racket
- i-Pod or CD player/Discman & favorite CDs

### WHAT NOT TO BRING...

- Cell phones, pagers
- Candles
- Expensive items (jewelry, etc.)
- Televisions, laptops
- Pets
- Pen knives, Swiss army knives
- Cash (that is not left in a Canteen account)

**DON'T FORGET TO LABEL ALL CLOTHING & PERSONAL ITEMS.**

**ADTC IS NOT RESPONSIBLE FOR ARTICLES WHICH MAY BE DAMAGED, LOST OR STOLEN.**