



# 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

## ADTC PACKING LIST

PLEASE LABEL EVERYTHING YOU BRING!!

### Must Haves...

- **Toiletries**
    - Toothbrush & toothpaste
    - Soap (in a travel holder)
    - Shampoo / Conditioner
    - Brush / comb, etc.
  - **Waterproof raincoat**
  - **Bug spray**
  - **Sunscreen**
  - **Phone card or calling card number for calling home**
  - **Any necessary prescription medication** (in original pharmacy containers!)
  - **Old T-shirt** (for arts and crafts use & games)
  - **1 Arts & Crafts project** (to share with 15 campers)
    - Ideas: friendship bracelets, beading supplies, sewing project, photo frames, tie-dye kit ...be creative!
  - **Bed/Bath Linens** – Campers at these ADTC camp locations MUST bring their own bed linens & bath towel:
    - ULTIMATE Green Mtns., Vermont
    - ULTIMATE Ozarks, Missouri
    - ULTIMATE Central Lakes, Wisconsin
    - ULTIMATE Hill Country, Texas
    - ULTIMATE Smoky Mtns, North Carolina
    - INTENSIVE Channel Islands, California
- Above campers must bring: 1) a sheet set [twin XL], 2) a pillow & pillowcase. 3) a blanket or comforter, and 4) one bath towel.** (Note: Some beds may be twin regular (not twin xl). Twin xl sheets can work on either sized bed.)
- Campers at these ADTC locations will have bed linens & towels provided by the facility as follows:
- ULTIMATE Rockies, CO: Basic bed linens & 1 bath towel are provided. (Bring extras if desired.)
  - ULTIMATE Sierras, CA & INTENSIVE Appalachians, NJ: All bed linens and towels are provided by the resort.

### For Dance Class...

- **Dance shoes** (1+ pair) – For hip hop class, we require EITHER regular workout sneakers OR dance sneakers. For all other classes, we require traditional jazz shoes OR dance sneakers.
  - **We recommend dance sneakers** since they can be worn for ALL dance classes.
- **Dance Clothes** (5+ outfits total) Check out our [online dance store](#) for cute options, plus ADTC t-shirts!
  - Fitted dance pants, shorts or leggings
  - Fitted dance tops/tanks/shirts or leotards

Remember: You'll be dancing 4+ hours a day for five days. Pack *at least* one dance outfit per day, or plan to do laundry mid-week!

(more)

### **For After Dance Class...**

- **Casual clothes**
  - 2+ pair shorts (at least!)
  - 2+ pair long pants (1 pair should be jeans)
  - 3-5+ t-shirts &/or tank tops (at least)
  - 2+ warm sweaters / sweatshirts
- **Shoes**
  - 1 pair of shower shoes (plastic flip flops/thongs)
  - 1 pair of sneakers
  - 1 pair of good walking sandals / summer shoes (NO heels!)
  - 1 pair water shoes (if canoeing/white water rafting)
  - 1 pair boots or old sneakers (if horseback riding)
- **Swim suit**
- **One nicer outfit** (if going on a museum or theater field trip)

### **Highly Recommended...**

- Camera
- Book to read
- Personal journal & pen
- Stamps, envelopes & paper for letters
- Hangers (if you need to hang clothes)
- Fan: The following camp dorms are NOT air-conditioned. A desk fan is strongly suggested:
  - ULTIMATE Green Mtns., Vermont
  - ULTIMATE Central Lakes, Wisconsin
  - ULTIMATE Rockies, Colorado
  - INTENSIVE Channel Islands, California
- Durable wrist-watch
- Sun hat / visor
- Sunglasses
- Flashlight
- Ear plugs or a "white noise" machine

### **Optional Items...**

- Travel games / playing cards
- Address book
- White pillowcase for signatures
- Stuffed animal
- Dorm decorations (photos, posters, etc.)
- Hair dryer
- Laundry detergent (if doing laundry at camp)
- Umbrella
- Tennis racket
- iPod, if desired

### **What NOT to Bring...**

- Cell phones
- Candles, matches or lighters
- Expensive items (jewelry, etc.)
- Televisions, laptops, DVD players
- Pets
- Swiss army knives

Check out our [online dance store](http://www.americandancetrainingcamp.com/dance-apparel-store/categories.php) for cute dance clothes ideas & options, plus ADTC apparel:  
<http://www.americandancetrainingcamp.com/dance-apparel-store/categories.php>

Please Note: ADTC is not responsible for personal items or articles that may be damaged, lost or stolen.

**Be sure to check the Lost & Found before you check out for any item that may belong to your camper.** ADTC usually does NOT keep Lost & Found items after each camp week ends. If you realize you have left something at camp after you get home, you may call your camp location about it, but we cannot promise we will have the item. If we do have the item, we will need to charge any shipping costs to your credit card on-file.