

# ICTHEATRE MANCHESTER

## KIT LIST

2024-2025

Your course at ICTheatre Manchester will require you to be ready for various classes. We recommend you have the following kit to help you feel prepared for every session. If you have any questions about what kit is required for a specific session, please speak to your lecturer.

### Please bring the following for all sessions:

- > Pencil for marking scripts
- > Items to help you take notes: notebook, tablet, or laptop – you will not be allowed to use your phone to take notes in the studios
- > A capped bottle for water only
- > Any inhalers or medication you might need during the session

### Please be aware of our guidelines for all movement classes:

- > Be prepared to work in bare feet or appropriate footwear in all sessions – NO SOCKS
- > Minimal jewellery worn in classes, e.g., small studs or post earrings but no necklaces, large earrings, bracelets, or rings for safety reasons
- > No belts
- > Hair up and off your face
- > Be prepared to move or lie on the floor
- > Be prepared to touch your face
- > Be respectful of your peers and maintain good hygiene

### Body Conditioning and Wellbeing Classes:

These classes will cover a variety of approaches to help you improve your fitness and wellbeing such as cardio, stretching, strengthening, yoga, group tasks, or discussions. Please wear comfortable clothing that will not restrict your movement. Some of these sessions will be high energy, and you may want to bring a change of clothes, e.g., an extra t-shirt to wear in your other sessions.

### Acting and Movement Sessions for Actors:

- > Black, comfortable top that will not restrict your movement – this needs to cover your full torso
- > Black leggings, tracksuit bottoms, or other trousers that will not restrict your movement
- > Jazz shoes or bare feet
- > Appropriate layers, e.g., hoodies or cardigans. You may have periods of stillness during these sessions and will need to stay warm

## Musical Theatre:

### Jazz

- > Leotard, unitard, or form-fitting top
- > Jazz shoes
- > Black leggings, tights, or tracksuit bottoms
- > Hair up and off your face

### Ballet

- > Black leotard or unitard
- > Ballet shoes
- > Flesh-coloured tights or black tights
- > Hair up and off your face

### Tap

- > Leotard, unitard, or form-fitting top
- > Tap shoes
- > Black leggings, tights, or tracksuit bottoms
- > Hair up and off your face

### Commercial

- > Loose-fitting top that will not restrict your movement
- > Leggings or tracksuit bottoms
- > If required by the lecturer, shoes with non-marking soles

### Contemporary

- > Leotard, unitard, or form-fitting top
- > Black leggings, tights, or tracksuit bottoms
- > Hair up and off your face

### Hip Hop Artistry

- > Loose-fitting top that will not restrict your movement
- > Loose-fitting trousers or tracksuit bottoms
- > If required by the lecturer, shoes with non-marking soles

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In addition to the required clothing and footwear, you will need appropriate underwear. For example, a dance belt or sports bra as needed. Please speak to your lecturers if you have questions about what you will feel most comfortable wearing.