

Packing list
'Nou Pois Äläud III' tantsulaager
13-15 September 2024, Jõekääru

For the **sleepings:**

- Bedding (twin bed size), pillow, blankie - can get chilly at night; if you're flying in, send a note, we'll arrange for bedding, pillow, towel, blanket
- Ear plugs, eye mask

For the **rehearsings:**

- Non-restrictive clothing - leggings for under skirt, t-shirts
- Restrictive clothing: sports bra!
- Skirt(s) - mid-knee length with cut that permits freedom of movement
- Flat soled closed footwear for support on uneven ground (ie not flip-flops or heels) per instructors, running shoes can be too high, look for tennis shoes instead.
Pastlad are always on point.

For the **swimmings and saunaings:**

- Nuthin' truly needed - skinny-dip if you wish (but do bring a towel or two)
- Toiletries (showers in sauna building)

For the **general enjoyings:**

- Travel mug / thermal water bottle
- Sunscreen, rain gear depending on weather prediction, bug spray, sunglasses, hat

For the **performancing:**

- Flat soled shoes, as above
- Full-on *rahvariided* are always suitable (though perhaps a bit hot, please do not feel compelled to wear)

Other options:

White or black top (ideally free of logos)

Solid colour skirt of any shade, length and cut as for rehearsings, above

Etno touches such as *rahvariidevöö* (some available to be borrowed)

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