

Packing list
'Nou Pois Äläud II' tantsulaager
15-17 September 2023, Jõekääru

For the **sleepings:**

- Bedding (twin bed size), pillow, perhaps a blanket, can get chilly at night
- Ear plugs, eye mask

For the **rehearsings:**

- Non-restrictive clothing - leggings for under skirt, t-shirts
- And some 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 saunings:**

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

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)

kui on tõlgituna mugavam palun kirjutada estonianartscentre@estoniancentre.ca



Supported by:

Estonian Arts Centre
the charity associated with
KESKUS