BA (Hons) Acting (Musical Theatre)

Kit List & Technical Requirements

Welcome to LIPA! We hope you're having an enjoyable summer and are eager to begin your training. Your first year is spent acquiring the fundamental technical principles of Acting, Dance, and Singing. To help with your preparations, we have compiled the following requirements.

1. Compulsory Dance Uniform

LIPA is an inclusive institution. Please dress for the gender with which you identify. You are welcome to wear either of the following options.

Uniform Option One

- **Plain Black Camisole Leotard:** Classic thin-strap design with a clean neckline (e.g., Capezio Princess CC101). Required for Ballet; permitted for all dance disciplines.
- **Convertible Tights:** Footed to footless, matched to your skin tone.
- **Canvas Split-Sole Ballet Shoes:** Matched to your tights.
- **Black Split-Sole Jazz Shoes:** Low-top slip-on or lace-up. (e.g., Bloch Elasta Bootie, Hybrid, or Ultraflex). Note: Canvas/synthetic alternatives must have professional microfiber/faux-suede sole patches.
- **Character Shoes (Black & Tan):** 3" Heel, T-bar or ankle-strap with leather sole (e.g., Capezio 656). Level 4 students should prioritise Black; Tan is primarily for Levels 5 & 6.
- **Tap Shoes:** Oxford style (lace-up, low heel), Black leather (e.g., Capezio Teletone Xtreme CG55).
- **Athleisurewear:** Plain black, tight-fitting t-shirts and plain black sweatpants/straight-leg dance pants (non-flared) are permitted for Jazz and Tap modules.
- **Knee Pads:** Soft black knee pads.

Uniform Option Two

- **Plain Black Footless Tank Unitard:** Sleek, one-piece sleeveless design (e.g., Capezio CC821 or So Danca). Required for Ballet; permitted for all dance disciplines.
- **Thin Black Socks:** To cover above ankle (no thick sports socks).
- **Black Canvas Split-Sole Ballet Shoes:** No Bloch Elastosplit.
- **Black Split-Sole Jazz Shoes:** Low-top slip-on or lace-up. (e.g., Bloch Elasta Bootie, Hybrid, or Ultraflex).
- **Men's Character Shoe:** Required for those choosing Option 2 to be worn alongside the character heel requirements (e.g., Freed Oxford Character Shoe).
- **Tap Shoes:** Oxford style, Black leather (e.g., Capezio CG55 or Bloch SO301M).

- **Athleisurewear:** Plain black, tight-fitting t-shirts and plain black sweatpants/straight-leg dance pants (non-flared) are permitted for Jazz and Tap modules.
- **Knee Pads:** Soft black knee pads.

2. Classroom & Technique Essentials

- **Yoga/Pilates Mat:** Rollable (4mm-5mm), cleanable, approx. 170cm x 55cm. Label clearly.
- **Yoga Block:** Compulsory for Jazz technique classes. High-density foam/cork (e.g., Flintronic non-slip). One is required, two recommended.
- **Clear Water Bottle:** Required for singing technique and hydration.
- **Long Straw:** For vocal exercises and rehabilitation.
- **Stationery:** Notebooks, pencils, and stationery tape.
- **Locker Maintenance:** A padlock for your locker and a multipurpose screwdriver for tap shoe maintenance.

3. Medical & Injury Prevention

- **Personal First Aid Kit:** Plasters, cleaning solution, and cotton pads.
- **Foot Tape:** For friction/tears (e.g., Leukoflex waterproof tape).
- **Recovery Items (Home Use):** Ice packs (reusable with thick liners) and a Hot Water Bottle.
- **Foam Roller:** Highly recommended for muscle recovery and injury prevention (optional but ideal).

4. Discipline Specific Guidelines

Ballet: Black leotard (no mesh/lace/low backs) or Unitard. Tights must be non-shiny. Hair must be in a tight bun with net and pins. Short hair must be kept back by a headband.

Underwear & Support: A dance belt is COMPULSORY for all students who require it. Breast support may be required for health and safety. Underpants/bra straps must remain hidden.

Acting/Singing: Plain black rehearsal clothing ('blacks') that allow for unrestricted movement. No visible branding, logos, or distracting jewelry. Jewelry and acrylic nails are not permitted for health and safety reasons.

Hygiene: Dance clothes must be washed after ONE wearing. We recommend 2-5 sets of gear to accommodate laundry cycles. Label EVERYTHING.

5. Where to Purchase

Dancewear: can be purchased from dance stores, e.g. **International Dance Supplies:** https://lipa.mydancestore.co.uk/ (Select Menu > Uniform > All Levels)