

# BA (Hons) Acting (Musicianship) – Kit List

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

## Compulsory Dance/Movement Uniform

LIPA is an inclusive institution. Please dress appropriately to the gender with which you identify. To ensure safety, freedom of movement, and clear technical feedback during your dance and movement sessions, all students must choose and wear **one** of the three base uniform tracks below. You do **not** need to buy all three options; simply select the single track that you feel most comfortable in.

### Base Uniform Options (Choose ONE Track)

#### Track A: Leotard Silhouette

**Plain Black Camisole Leotard:** Classic thin-strap design with a clean neckline, e.g., Capezio Princess Camisole (Model CC101). Alternatives of the same style from other brands are fully permitted to ensure proper body fit and support.

**Footless or Convertible Tights:** Non-shiny tights matched to your skin tone. *Note: convertible styles are required so you can easily go barefoot*

#### Track B: Unitard Silhouette

**Plain Black Footless Tank Unitard:** Sleek, one-piece sleeveless design with a clean neckline, e.g., Capezio (Model CC821) or So Danca. Alternatives of the same style from other brands are fully permitted to ensure proper torso length and body fit.

**Thin Black Socks:** Plain black socks that cover above the ankle (standard sports socks are too thick). Used for specific sliding and floor work.

#### Track C: Trouser & Top Silhouette

**Plain Black Straight-Leg Dance Pants:** A professional straight-leg dance pant (non-flared), e.g., Bloch Ecarte V-Front or Capezio Studio Collection.

**Form-Fitting Black Top:** A plain black, fitted tank top, camisole, or short-sleeve athletic compression shirt. *Note: Loose, baggy t-shirts or oversized tops are not allowed; staff need to see your body clearly.*

*NOTE:* We welcome adjustments for individual comfort or cultural requirements, which can be discussed and arranged with your instructors when you arrive.

### Core Apparel & Protective Gear (Required for ALL Students)

- **Anatomical Support:** A dance belt and/or breast support is compulsory for all students who require it during movement and dance classes for health and safety reasons.
- **Black Split-Sole Jazz Shoes:** Split-sole only; low-top slip-on styles or lace-up styles are permitted (No calf-height boots or heavy jazz sneakers). Recommended: Bloch Elasta Bootie, Hybrid, or Ultraflex. Material may be soft leather, canvas, or synthetic. *Note: Canvas or synthetic alternatives must feature a professional microfiber or faux-suede sole patch to ensure safe floor traction.*

- **Black character shoes** that best aligns with your gender identity:  
Option 1 - Heeled Character Shoe: Features a classic 1.5-inch to 2-inch braced heel with an ankle strap. It is useful to also own a Tan coloured pair, but this is not compulsory.  
Option 2 - Flat/Low-Heel Character Oxford: Features a lace-up design with a flat, supportive sole or a very low tap-style heel.
- **Soft Black Knee Pads:** Essential for protecting your joints
- **Plain Black Sweatpants:** For specific ensemble warm-ups only, plain black sweatpants of a reasonable, safe, and non-baggy fit are allowed.
- **Nude underwear** in your skin tone (when with costume department from end of second year)
- **Basic make up kit** including tattoo cover-up make up for those with tattoos
- **Clear studs for piercings** if you do not want to leave piercing holes empty

## Compulsory Medical & Injury Prevention

- First Aid Kit: Plasters, cleaning solution, and cotton pads
- Foot Tape: For friction/tears (e.g., Leukoflex waterproof tape)
- Ice Packs: Keep at your accommodation. Reusable packs with thick plastic liners last longest
- Hot water bottle: Keep at your accommodation.
- Foam rollers for use in muscle recovery / injury prevention (not compulsory)

## Discipline Specific Guidelines

**Hair:** Must be tidy and off the face for all students in dance and movement sessions. Long hair must be in a secure, low ponytail.

**Jewelry and Acrylic Nails:** All must be removed for dance and movement sessions

**Underwear:** Must not be visible in all sessions. Underwear must be appropriately fitting so that you feel comfortably covered when moving.

**Hygiene:** Dance/movement clothing **must** be washed after **ONE wearing**. It is recommended to have 2-5 of each article to allow for laundry cycles. Label EVERYTHING with your name.

**Acting/Singing/Instrumental sessions:** All students **must** wear comfortable, **plain black** rehearsal clothing (blacks) that allows for completely unrestricted movement, is free from visible branding or logos, and features no distracting jewelry or accessories. Outerwear must be appropriately fitting so that you feel comfortably covered when moving.

## Where to Purchase Clothing

**Dancewear:** can be purchased from dance stores, e.g. **International Dance Supplies:**

<https://lipa.mydancestore.co.uk/> (Select Menu > Uniform > All Levels)

**Rehearsal Blacks (all other sessions):** These do not need to be specialized brands. You can purchase standard plain black clothing from high-street stores or online retailers. Logos must be non-visible/discrete.

## Instrumental Care

You are responsible for the care of your instruments. Instruments are left in the LIPA building at your own risk. You should ensure that you have contents insurance that covers your instruments. Ensure that you bring the following:

- A music stand to use in your accommodation
- Manuscript paper/digital alternative
- Reeds/plectrums/strings/sticks etc as appropriate
- A range of instrumental sheet music from varying styles

You might wish to bring/find online musical theory instruction material. Students are expected to develop a high standard of musicianship skills whilst on the programme.

You will also make use of music-related software e.g. Sibellius, Pro Tools etc. Computer equipment is available to use on campus. You will work with digital material, and might want to consider the processing speeds/capacity of any personal devices you are going to bring with you.

## Classroom Essentials

- Yoga/Pilates mat

*A suitable mat is essential for technical work. If sourcing your own, please follow this guidance:*

Rollable to save space (4mm to 5mm thickness)

Easily cleanable material

Size: No larger than single person (approx. 170cm x 55cm)

Labelling: Print name clearly in permanent marker

- Yoga Blocks for use in Jazz sessions and at home (approx. 23cm x 5cm x 10cm).
- Notebooks & Pencils (for theory sessions and rehearsals)
- Stationery Tape
- Clear Water Bottle (for singing technique)
- Long Straw (for vocal exercises and rehabilitation)
- Padlock (for your locker)

Looking forward to meeting you all

Programme Leader of BA Acting (Musicianship)