

## East Coast Pole Cruise – Taking Poling Abroad!



### What to Bring

- Pole sets - (We will have lots of shopping on board though so don't over pack)
- Leg Warmers/Socks
- Leggings/Loose fitting pants
- Sneakers
- Yoga mat, stretching strap & stretching blocks
- Knee Pads
- Grip Aids
- Sweat Towel
- Circus/Carnival costume for Showcase night
- 2 Formal/Cocktail Dresses
- Water bottle
- Swimmers, Sunscreen, Hat, sunnies
- Your favourite pair of pleasers
- Camera
- **Passport**
- Signed Media Release & Waiver Form
- Online check in paperwork
- Workshop Timetable
- USD/AUS adaptor
- Australian cash to buy lots of goodies at our sponsor's stalls
- Outfit for our Luau
- Notebook

\*\*\*\*Please check your schedule for what you need for each workshop also\*\*\*\*

Don't worry if you don't own some of these items – we will be selling lots of products on board for our lovely sponsors.

