

Clothing

- Zumbawear (I recommend that you DO NOT bring A LOT OF ZUMBAWEAR... chances are the stuff in the Zumba shop is so amazing that you wear it immediately after buying it. I know I have always overpacked my Z-wear. I won't be doing that this year!)
- Extra socks, underwear, bras
- Bandanas or hat
- Bathing suit
- Light jacket, cardigan or sweatshirt to wear during workshops (it gets chilly when you're not dancing)
- Casual wear (or something for evening concert or after party)
 - Lounge pants
 - Shorts, tee shirts, plain tank tops
- Costume for the ZIN Theme party
- PJs

Footwear

- Flip flops for the pool area
- Extra pair of shoes (Your shoes will be wet and disgusting after each day)
- Comfortable sneakers (for walking around between sessions so you don't ruin your Zumba shoes)
- gel/padded insoles
- Aqua shoes (if taking AZ)

Accessories

- Mini flat purse or wristlet (for parties)
- Sweat towels
- Sunglasses
- Wrist wallet
- Belt pack/running belt to hold your phone and key card, money and valuables
- Headbands
- Hair ties
- Hair clips
- Tote bag if you don't want to use the Convention bag
- Running belt to hold your phone and key card

Food

- Reusable water bottle
- Squeeze flavor for water
- Energy snacks
- Other food items: Protein bars, crackers, fruits, nuts, protein powder etc.
- Ziplocs (for spare snacks. Pack a few extra after that first trip to the store or snack area.)
- Snack cooler for lunch (cheaper than dining there)

Toiletries

- Sunblock
- Toothbrush/paste/floss
- Hair Brush / hair care items
- Feminine supply
- Makeup, Skin care
- Baby powder
- Smell goods
- Laundry detergent/Tide pods
- Bug spray

First Aid

- Any prescription meds you need
- Advil/Tylenol/Motrin
- Band aids
- Biofreeze/Icy Hot/BenGay/Real Time
- Ice packs
- ankle wraps or knee braces, ankle braces
- Neosporin
- Motrin
- Sun block
- Small first aid kit
- KT tape
- Portable electrode machine
- Ice packs and heat pads
- Emergen-C

Electronics

- Camera/camcorder plus extra SD cards and batteries
- Power pack/Portable charger
- Surge protector
- Cell phone (if you have roomies, helps to have their number just in case.)
- Battery charger(s)
- Laptop
- Ipod
- Chargers/cords for all

Miscellaneous

- Packaging tape (duct tape is not allowed, use gaffers tape), carpet gliders, dance socks or knee hi's (for classes done on the carpet)
- Notepad, pen
- Black sharpie – put your name on anything that is the same as your roommate's, that could get mixed up
- Flat rate mailing box to ship stuff back
- Business cards
- Money for Zumbawear, food, and sundry expenses
- Plastic bags for dirty and sweaty clothes
- Dryer sheets
- Ear plugs
- An empty suitcase
- Anything you use that you can't buy,
- Scissors for shirt shredding

Miscellaneous (continued)

- Poncho/umbrella (It is Florida in the summer. It rains pretty much every day at some point. And hard too!)
- Copies of all travel arrangements stuff, tickets, etc.
- Printed copy of handouts for workshops
- Nametag
- Odor eaters shoe spray/sneaker balls
- Febreze
- Massage balls, it can even be a tennis ball for your feet at the end of day
- Clothespins
- Extra hangers (there are never enough in the room especially if you're sharing a room)
- Needle & thread
- A backpack for all the essentials as you shimmy around convention
- Small master lock (the kind you put on a gym/school locker). There are so many bags put to the side of the room during sessions that things end up missing. Lock your valuables up or better yet don't bring them where they can be left unattended.