

# POINTE SHOE SURVIVAL KIT

1. Toe nail clippers
2. Small scissors
3. Athletic tape (not first aid tape)
4. Needle
5. Thread that matches the pointe shoes/ribbons
6. Pointe shoe glue
7. Band aids
8. Antibiotic ointment
9. Pencil box to put all the items in (like the ones used in school)

1. Trim toenails a day or two before wearing pointe shoes. Toenails need to be kept short to minimize pain and prevent toenails from being bruised or splitting.
2. Use athletic tape on areas that rub on your feet. (Toe joints, knuckles, heels, etc.) It's important to keep your skin on your feet. Pointe shoes will cause blisters. Wearing tape will help prevent them.
3. Ice your feet after every time you wear your pointe shoes for at least 20-30 minutes. This will help prevent swelling and inflammation.
4. Depending on how you wear your pointe shoes, you may need to glue them to maximize longevity of the shoe. Glue can be purchased on-line at [www.discountdancesupply.com](http://www.discountdancesupply.com). Use Shelly's discount code to buy at a cheaper price (code is in the studio). Your instructor will show you how to glue your shoes, if needed.
5. Pointe shoes typically last about 17 hours of wear. For beginners they will usually last a little longer than that. Your instructor will let you know when you need new shoes.
6. You will have some discomfort when wearing pointe shoes. *If you have extreme pain, let your instructor know right away.*