



CHECKLIST

Pole footwear decision checklist

- ☐ Check the class description for mentions of exotic pole, floorwork or choreography
- ☐ Ask the instructor whether the session includes climbs or inversions
- ☐ Start barefoot if you are learning spins, sits or climbs
- ☐ Choose a six-inch platform with a chunky heel if buying your first pair of pole shoes
- ☐ Test new heels at home with thick socks before wearing them in class
- ☐ Bring both bare feet and heels to mixed-level or performance prep classes
- ☐ Avoid grip socks unless you have a foot injury or a hygiene concern that bare skin cannot solve