



CHECKLIST

Pole class kit checklist

- ☐ Pack high-leg shorts and a sports bra or cropped vest

- ☐ Bring a water bottle and a small towel for wiping the pole

- ☐ Avoid body lotion, oils or fake tan on training days

- ☐ Remove rings, bracelets and anything that might catch or scratch

- ☐ Wear or bring a layer you can take off after the warm-up

- ☐ Check the studio's policy on grip aids before using chalk or dry hands
