Basic Sewing Supplies

For a workshop, most quilting teachers a workshop expect you to bring Basic Sewing Supplies (sometimes abbreviated BSS). Better workshop supply lists will spell these out, others will just assume you know to bring them. In any case, they only take up a bit of room, and you won't go wrong having them with you.

Basic Sewing Supplies

Fabric scissors (consider a larger pair, for cutting fabric, and a smaller sharp pointed pair for trimming thread)
Pincushion, hand sewing needle(s), straight pins
Neutral color sewing thread
Seam ripper
An iron and ironing mat or board.
A power strip.

For classes involving traditional pieced blocks, it is usual to bring:

A 45mm rotary cutter

Cutting mat

Rotary cutting ruler: usually the teacher will give you some idea of the type or size; if not, I bring my trusty 6" x 24" ruler, but smaller is usually ok too.

For sewing machine classes, you'll usually want:

Your machine, in good working order
Its' foot pedal, power cord, and manual (just in case)
Extra sewing machine needles.