

Band Camp

Here are just a few pointers for those of us that have not participated before or who just need a refresher:

What to Wear

- Dress Code/Attire - **Shorts and a T-shirt**.
- Shoes - **Sneakers**. No flip flops, rainbows or sandals.... Closed toes only!!!
- **Hat** – Always. The sun is strong and a hat is the only protection your face and head will have.

What to Bring

- **Health Form** - Complete the Health Form and return it with a copy of your insurance card by the start of band camp. **This includes returning members!!!**
- Any **medication** that is needed should be turned into our head Chaperone at band camp.
- An **extra T-shirt** in case you need a change.
- **Sunscreen** - Put it on before you get there and keep putting it on during the day.
- **Water Bottle** - Drink plenty of water **ALL DAY!!!** No sweet drinks because it attracts the bees. No caffeine drinks because it dehydrates the body.
- **Poker chips** - Often used for field markers. Share a box with a friend since you won't need them all. These are not always needed but avoid the rush and get to the Dollar store this week.
- **Instrument** - Yes, bring your instrument!!! Also any supplies you will need such as gloves, towels, reeds, etc.
- **Music** - Once it is given to you, it is your responsibility.

What to do the Night Before

- **Go to Bed** – Get rest. Band camp days are long and strenuous. Help your body recover by getting the right amount of rest.
- **Drink Fluids** – Drink plenty of water, Gatorade, etc **BEFORE** practices start and **AFTER** practices end.
- **Soda/Energy Drinks** – Stay away from any types of soda and energy drinks (vault, monster, red bull, etc.).
- **Eat** – Eat a good and sensible breakfast to start off the day. After practice, go home and take care of your body – eat something.
- **Prepare** – What do you need to the next day? Prepare yourself and gather your belongings to prepare for your next practice.

Parents

- Any **donations of medical supplies** will be greatly appreciated. We will have chaperones present at Band Camp each day to receive any donations of supplies such as Solarcaine, sunscreen, muscle cream (Aspercreme), Midol, etc. The students go through this very fast!!! Just drop any donations in the band room.
- Please make arrangements for your students to have **a ride home** each night.
- **Get Involved** - Come out and help serve food or help the chaperones.