

## Band Camp

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

### What to Wear:

- Dress code/ attire – **Shorts and a T-Shirt** (light colored clothes work best to help you keep cool).
- Shoes- **Sneakers**. No flip flops, rainbows, or sandals... Closed toe only!!!
- **Hat**- Always. The sun is strong and a hat is the only protection your face and head will have.

### What to Bring:

- **Medical form** – Complete the medical form provided and return it with a copy of your insurance card by the start of band camp.
- 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.
- **Instrument** – Unless your particular instrument is provided by the band, bring your instrument plus any supplies you may need (i.e. gloves, towel, valve oil, grease, etc.).
- **Music** – Once it is given to you, it is your responsibility.
- **Lunch** – Lunch will not be provided at camp. You will be released for dinner break.

### 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** practice starts, during, and **AFTER** practice ends.
- **Soda/Energy Drinks** – Stay away from any types of soda and energy drinks (i.e. vault, monster, red bull, etc.).
- **Eat** – Eat a good and sensible breakfast to start off the day, bring a healthy lunch, and eat a healthy dinner. After practice, go home and take care of your body.
- **Prepare** – What do you need for the next day? Prepare yourself and gather your belongings to prepare for your next practice.

### Parents:

- Any donation of medical supplies would be greatly appreciated. We will have at least one chaperone 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 as well as during dinner breaks.

And lastly.....

**DO NOT BE LATE!!! To be on time is to be late, to be early is to be on time, and to be late is UNACCEPTABLE!!!**