

# WHAT TO (and not to) BRING TO BAND CAMP!

Sun Protection: We are outside the majority of the time, and being sunburn will make you miserable

- Sunblock: SPF 30 at least, make sure you bring enough to reapply before each outside rehearsal block
- Sunglasses: When you're looking up at the podium, you'll definitely want to avoid sun glare
- Hats/Visors: Bring more than one in case one of 'em gets soaked in rain

Bedding: Time to sleep is very precious and you will need the following to take full advantage of it

- Sheets: A must-have
- Sleeping Bag/Blanket: The evenings at Camp Weequahic can get very cold, so make sure you're prepared
- Pillow: Feel free to bring this on the bus ride with you in case you feel like sleeping on the way to camp!
- Alarm Clock: Make sure at least one person in your cabin brings one in order to wake up on time.

Clothes: obviously

- Warm-weather Clothes: Bring lightweight clothes that are comfortable (mesh shorts and t-shirts) & will keep you cool while out in the sun (light colors are a good idea). Bring extra clothes in case you feel like changing during a break.
- Cold-weather Clothes: Just in case of a cool day or chilly night, have sweatpants and a sweatshirt on hand.
- Raingear: Definitely bring a poncho or windbreaker in case of bad weather! We will rehearse in the rain if necessary.
- Sleepwear: A good night's sleep is very important so that you are prepared for the next day

Footwear: By far the most important aspect...this is marching band after all

- Sneakers: Bring old sneakers that you don't mind getting dirty. Bring two pairs in case one pair gets soaked.
- Socks: You cannot pack enough of these, trust me.
- Flip-Flops: Bring flip-flops for the shower and for hanging out after rehearsal. They will feel great after a day of rehearsal.
- Band-aids: The nurse will have these, but keeping a few on hand is great for dealing with blisters or small cuts.

Toiletries: SHOWER – the best part of the day

- Shampoo, conditioner, soap, DEODORANT, toothpaste, toothbrush, floss, towels, etc. Bringing travel-size bottles is a good way to save space in your suitcase. It is also important to put these items in a plastic bag so they do not explode inside your bag.
- DO NOT BRING ANYTHING SCENTED, you don't want to attract any bugs

Extra Energy: The meal times are staggered and you might want something extra – must be sealable

- Snacks: The food at band camp is not bad, but you'll definitely want some snacks in between meals and at night
- Water: Staying hydrated should be your number one priority. Feel free to bring a case of water bottles (labeled w/ your name), but I personally use an insulated water jug to get me through those long rehearsals out in the sun.
- NO GATORADE, ENERGY DRINKS, OR SUGARY DRINKS ON THE FIELD. These will attract bugs and bees.

Band Camp Tools: These are essential for your success and ultimately the success of the entire band. So don't forget 'em!

- 3-Ring binder & plastic inserts (50): this will help you keep all your music and drill sheets in good order as well as protecting them from the elements.
- Dot Book: This is your cheat sheet! It's a small memo book that you'll use to write down your drill spots on the field as well as other notes. Bring a shoelace or lanyard to put this around your hip or neck because you'll need it at all times on the field.
- Pencils/Pens/Highlighters: You will need to make notes on your music & drill. Have a pencil w/ a good eraser on you at all times during rehearsals.

Fun Fun Fun: Contrary to popular belief, there is fun at band camp

- Frisbee, Soccer Ball, Football, Cards, etc.: We'll have time during breaks to have an awesome time.

Additional Must-Haves:

- Bug Spray – the mosquitoes can get very annoying
- Camera (this is optional, but it's great to save the memories)
- Calling Card/Cell Phone and Charger: Cell phones must be off during all rehearsals!!!! No exceptions.
- Flashlight w/ extra batteries – we're out in the middle of nowhere
- Drawstring bag/tote bag/backpack for bringing your stuff around camp
- Enthusiasm**: Get excited, because having an excellent attitude now will ensure that everyone has a terrific experience during the entire season!

\*Do not bring anything valuable like an iPod, Laptop, or Gaming System because you are responsible for them\*