

CAMP TIPS

We would like to remain as healthy as possible as this activity can quickly wear you down if you do not take precautions! Here are some helpful tips to allow you to make band camp and marching band a more comfortable experience for you!

1. **Breakfast:** Be sure to eat in the morning before arriving. The morning session will be spent outside under the hot sun with physical activity. We want to avoid possibly “passing out” and food will help avoid this. Stay away from consuming milk in the morning as it may “curdle” in your stomach and you may “toss your cookies”! It is also advisable that you do not consume a McDonald’s breakfast 5 minutes before reporting to the field. You will probably throw up from the immediate physical activity! Try to include some orange juice and banana with your breakfast if you can.

2. **Water/Gatorade:** You are required to bring a container of ice water for your consumption during the outside marching portion of band camp and throughout the season. It is important that you have ample amounts of water while participating in any physical activity outdoors every half hour minimum. If you do not have a water jug, freeze water the night before in a drinking container. Carbonated soft drinks are not recommended and will not be allowed. For health reasons, do not share containers and/or drink after someone else. This is a sure way to get ill quickly.

3. **Clothing:** You need to wear clothing that relates to this activity. Light T-Shirt, shorts, hat (light colored), sunglasses, socks and sneakers. You may bring a change of clothes for after the morning session! Your shoes and socks will get wet so maybe an extra pair of socks would help you survive the day. Socks are very important! You do not want blisters! Things that are NOT allowed include: high top sneakers, flip flops, sandals, bare feet, bathing suits, halter tops and any other suggestive clothing. We will not feel sorry for you if you do not wear the proper clothing unless you don’t have the proper clothing. If you need something, ask!

4. **Sunscreen:** You will get sunburn these 2 weeks. This is not the time to work on your tan! Bring sunscreen with you to avoid hurting later in the week. If you are burned by Wednesday, you will be in a great amount of pain through Saturday (3 days later)! Take care of this! DO NOT bring oils or tanning lotions. This is also where the hat will help avoid sunburn lips and face. Do not apply petroleum based items on your lips. They will burn! Nose and lips will burn first (severely). 5.

Lunch: Be sure to pack a good nutritious lunch the first week of camp! You will be working hard and must keep your body fueled up! Prepare the night before to include nutritious proteins, carbohydrates, fruits, and drinks. NO OFF-CAMPUS!!!!

6. **Medical:** If you have any medical conditions or medications that need to be taken during the course of this camp, please inform Mr. Reynolds immediately (Asthma, Diabetes, Allergies...bee stings or ants, Medications for skin).

7. **Facilities:** The facilities on campus have already been cleaned for the start of the new school year. You need to be sure that you leave EVERY place we use in the same condition that it was in when you entered. Put away all music stands and chairs DAILY as well as tuners, instruments and music. NO FOOD OR DRINKS ALLOWED IN FACILITIES.

8. **Responsibility and Accountability:** Be where you are supposed to and on time. If you commit to do it, then follow through. If you “talk the talk” be prepared to “walk the walk.” Earn respect by living it! Remember, there are people in the band that are counting on YOU to do your part and thousands of others who are counting on the band to perform well!