

# **BAND CAMP SURVIVAL GUIDE**

Below are items to wear and bring to camp, as well as items  
**NOT** to wear and **NOT** to bring.

## **ITEMS TO WEAR**

- Caps and hats
- Sunglasses
- Gym/Athletic Shorts
- Sneakers WITH socks (avoid Converse Chuck Taylor high tops)
- Light-colored t-shirts
- Compression shorts (if worn beneath clothing will prevent chaffing)
- All clothing must follow the Jackson High School Dress Code Policy

## **WHAT NOT TO BRING / WEAR**

- No GUM!
- No SODA!
- Anything valuable
- Anything DENIM!
- No expensive, lovely, beautiful jewelry
- No flip-flops/sandals/Crocs/boots/etc. (you will lose participation points)
- No dark colors (you are out in the sun, you need to stay cool)

## **WHAT TO BRING**

- WATER, WATER, WATER, WATER, WATER.
- Sunscreen and bug repellent -- LOTS of both
- Pencils
- Sack lunch if you do not want to eat the lunch provided by the Band Boosters
- Woodwind and Brass Players: Lip Balm/Chapstick is recommended
- Percussion: Ear plugs are recommended for indoor sectionals
- Flip folder/lyre for field rehearsals (available at Hummingbird Music in Jackson)
- A GREAT ATTITUDE, AN OPEN MIND, AND A SMILING FACE!!!
- Did we mention WATER???

## **WHAT TO DO PRIOR TO BAND CAMP**

- Go to bed early for a good night's rest.
- Shower and/or bathe daily in the morning.
- Apply extra deodorant.
- Have a good, high-protein / high-carb breakfast -- avoid dairy.

**HAVE A GREAT WEEK!!!**