

Band Camp Survival Guide

This list has been compiled by many parents over the years as tips to make a hard week go much smoother. Band Camp week is hard, but fun. The students will be outside much of the week and with our usual July temperatures, it will be hot.

1. Drink lots of water. Please start to hydrate a couple of days before band camp. Avoid caffeine and carbonated drinks that will dehydrate you. Drink at all rest periods during the week. We will have lots of ice water and Gatorade available.
2. Bring your personal water bottle or water jug. Please make sure your name is on your water bottle. You can drink at your section practices throughout the day!
3. Wear cool light colored clothing. Ladies Tank tops are fine to wear, bikini tops and sports bras are not allowed.
4. Wear a hat or visor.
5. Wear sunglasses
6. Wear sunscreen all week. Apply the sunscreen before you come in the morning and reapply as needed during the day. Don't forget the top of your head.
7. Wear tennis shoes.
8. Eat breakfast every day! It is going to be hot, milk products may need to be avoided this week. Milk can curdle in your stomach.
9. Bring a bandanna or small towel. You can wet these with cool water and place around your neck or on the top of your head to help keep cool.
10. Have a great week! Band Camp is a busy week with lots of work. It is also a very fun week. You will make lots of new friends
11. Drink your water before, during and after practice all week!

GO DRAGONS!!!!