

## Marching Band Checklist

Band Camp is a two-week physical activity with the majority of the time spent outside. Temperatures will be hot, so it is important that we take care of ourselves and each other during this time. The types of food we eat before and during practice are important. Try to stay away from a lot of dairy products and acidic drinks like orange juice. DO NOT eat a heavy breakfast (NO PANCAKES!), and avoid foods with a lot of sugar. Below is a checklist of items you will need for Band Camp...

- \*Water Bottle (the bigger the better)
- \*Marching Music (given by Director)
- \*1inch Black Notebook (purchased from the boosters for \$5)
- \*Page Protectors (purchased from the boosters with the notebook)
- \*Pencil
- \*Running Shoes (NO FLIP FLOPS, BOOTS OR SPERRY'S – Shoes must have laces)
- \*Lunch
- \*Instrument (and proper accessories to make the instrument work properly)
- Sunscreen
- Hat
- Sunglasses
- \*Brain

\*These items are required.