

ALPHARETTA HIGH SCHOOL BAND CAMP
IMPORTANT INFO: “WHAT TO BRING” TO CAMP!

Monday July 23 - Friday July 27, 2018
Rock Eagle Camp, Eatonton, GA

This is the official “*DO NOT FORGET*” LIST on the day you show up for camp:

- Any last-minute paperwork required by boosters
- YOUR IGLOO PERSONAL COOLER***
- Toiletries for 4 nights (be sure you bring deodorant, soap and shampoo)
- BRING TOWELS for showering and swimming!
- *Bedding* – bring your sleeping bag and/or sheets and your favorite pillow – this is camp, not the Hampton Inn (but NOT bad at all!!)
- Flashlight – for walking at night)
- WIRE MUSIC STAND
- non-scented bug spray (with deet) – NO PERFUME... unless you like bees!
 - You’ll be glad you brought bug spray! We’ll have bee-sting kits on hand, but please let us know if you have adverse reactions to bees so we can watch you. We have adults at rehearsal at all times.
- Plenty of spray-on, *unscented sunscreen*: if you sunburn easily, bring a hat too. *Bullfrog* brand sunscreen is the best for face.
- Shorts (multiple pairs) and WHITE t-shirts (for some reason bees are attracted to colors other than white) – white t-shirts are desired during outdoor rehearsals
- two pairs of tennis shoes with socks (one pair for damp AM, and one for PM while the morning shoes are drying out) and plenty of dry socks for all marching rehearsals. We are very strict about good shoes and socks (that means no bare feet and Chuck Taylors or you WILL have blisters)
- *ABSOLUTELY NO FLIP FLOPS or SANDALS for outdoor marching* - flip flops are fine for indoor rehearsals.
- Sunglasses and hats are fine for outdoor rehearsals (again: *dress in “white” t-shirts outside* – they help us clean drill faster - and will keep you cool!)
- Comfortable clothes for indoor rehearsals, enough changes to account for pop-up rain storms);
- *Conservative* swim wear for pool (girls, one-piece family-friendly swim suits are preferred: if you have to ask if your suit is OK to wear, don't bring it!). Please be wise here.
- *Snacks* - if you want/need them (*no carbonated drinks* at camp please!) Most everyone brings snacks for the evening. We eat 3 meals a day in the cafeteria. YOU WILL NEED TO EAT 3 MEALS A DAY to keep up with our pace. We’ll feed you again at 10pm on Thursday (pizza party), so nutritious snacks are best
- WIRE MUSIC STAND - for *indoor* rehearsals – label it with your name.
 - Your instrument and necessary accessories – be sure it’s in perfect playing condition *prior* to camp. Reeds, cork grease, valve oil, etc.... check it NOW.
- *BLACK FLIP FOLDER* (you purchase) – get at least 5 pages; this holds music at camp and music in stands during games – REQUIRED

- *Music lyre* (for your instrument) to hold the flip folder during *outdoor* rehearsals (local music stores) – and did we mention A WIRE MUSIC STAND

*****YOUR MOST IMPORTANT, REQUIRED PIECE OF EQUIPMENT**

You MUST bring a *refillable and sealable personal water cooler*. The STANDARD is the Igloo 1/2 gallon “Legend” personal cooler, red or blue. They hold enough water and ice for one rehearsal session, have a flip-up drinking spout, and have a handle. *Write your name on it with a permanent black sharpie.*

If you have not done so, PURCHASE THIS NOW – if you wait until last minute you will not find them as every band in Atlanta uses them. THIS WILL BECOME YOUR BEST FRIEND DURING OUTDOOR REHEARSALS.

PARENTS - PLEASE get the recommended cooler, not anything less than 1/2 gallon, and *not a cheap knock-off substitute*. And the flip up top is important.

**Students: Remember, you should be hydrating *NOW* and plan to drink plenty of water during camp. How much should you be drinking? Conventional wisdom from the field of sports medicine says you should drink half your body weight in ounces of water *DAILY*. That is, if you weigh 120 pounds, you should drink 60 ounces of water every day, or seven and a half cups. If you weigh 180 pounds, you should drink 90 ounces of water daily, or about eleven cups. The point is that you are drinking NOW so you are hydrated later - when your body needs it! - HYDRATE.

***** DON'T WAIT - PURCHASE YOUR IGLOO COOLER TODAY!**

Finally, If you require prescription meds, be sure you have completed the SHS2 Form available from the parent website. We'll need this on file at camp to put with your medical records.
