

ALPHARETTA HIGH SCHOOL BAND CAMP “WHAT TO BRING”

ALPHARETTA HIGH SCHOOL BAND CAMP IMPORTANT INFO

Rock Eagle Camp, Eatonton, GA

The “**DO NOT FORGET**” LIST:

- If not already turned in at registration, bring the following: your *notarized* Medical Release form, Physical Form, and signed Liability form (the pool is awesome!)
- **PURCHASE YOUR IGLOO COOLER*** (see next page)**
- Toiletries for 4 nights – You DO need towels for showering and swimming!
- *Bedding* – bring your sleeping bag and/or sheets and your favorite pillow – this is camp, not the Hampton Inn ☺
- a flashlight
- a 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 to 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 and WHITE T-Shirts (for some reason bees are attracted to colors other than white) – white shirts are required 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. **ABSOLUTELY NO FLIP FLOPS or SANDALS for outdoor marching**
- Sunglasses and hats are fine for outdoor rehearsals (note: *dress in “white” tshirts outside* – they help us clean drill faster and will keep you cool!) FYI, darker colors tend to attract insects (bees).
- Comfortable clothes for indoor rehearsals; *flip-flops / sandals are fine for indoor rehearsals!*
- *Conservative* swim wear and flip-flops (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 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 snacks are supplemental.
- a WIRE MUSIC STAND
- 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.
- ****Music lyre** for your instrument to hold the flip folder during *outdoor* rehearsals (local music stores) – and did we mention A WIRE MUSIC STAND?
- **PURCHASE A BLACK music flip folder** – this holds music at camp and music in stands during games.
- music packets will be distributed at camp -** Bring a wire music stand for *indoor* rehearsals – label it with your name.

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

You MUST bring a *refillable and sealable personal water cooler*. The recommended cooler is the Igloo 1/2 gallon “Legend” personal cooler (Igloo.com), red or blue (try Dicks Sporting Goods) or order direct from Amazon.com. 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 black sharpie.*

If you have not done so, PURCHASE TODAY– 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.

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

****Students:** You should be hydrating *NOW* and plan to drink plenty of water during camp. How much should you be drinking? The latest conventional wisdom from the field of sports medicine holds that you should *drink daily* half your body weight in ounces of water. 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 – water, water, and more water!

***** 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.