

# BAND CAMP CHECKLIST 2018

YOUR SURVIVAL GUIDE FOR BAND CAMP

## **ESSENTIALS**

- Water Jug (Not a water bottle)
- Instrument
- Sunscreen
- Sunglasses and Hat
- Extra Reeds (Woodwinds)
- Hair Tie (if required)
- Tennis Shoes
- Bug Spray
- Music
- Good Breakfast (Avoid Milk)
- Appropriate Apparel

## **BAND CAMP DON'TS**

- Dark Clothes
- Open-Toed Shoes
- Bottled Water
- Dairy Products
- Soda
- Candy
- Gum
- Negativity
- Not hydrating when you wake up

## **BAND CAMP DOS**

- Be on time
- Be present (mentally and physically)
- Give 110%
- Be optimistic
- Make friends
- Learn your music
- **Get some rest**
- **Take care of yourself**