

Band Camp Preparation Guide

Band camp is not the worst thing in the world. The worst thing in the world is to come to band camp unprepared. The following guide should help you arrive at band camp prepared, and more importantly, survive.

What to Bring

There are three essentials that you MUST have

1. **Socks and tennis shoes** (NO SANDALS, FLIP-FLOPS, CROCS, OR OTHER SHOES INAPPROPRIATE FOR MARCHING AROUND A BAND FIELD)
2. **Your instrument and/or equipment** (if you don't have it, you will receive this the first day of band camp)
3. **Your drill book with a shoe string** (The best thing to use is a hard cover 3 ring binder with at least 15 clear sheet protectors) and a pencil (very important and you must have this at all times while in band/color guard)

Other essential items that will help you survive band camp

- A Hat or some other head covering
- Sunscreen
- Hand towel
- To have already eaten breakfast
- Water bottle/Gatorade/or water cooler
- Light colored T-shirt and Shorts
- Chapstick
- Sunglasses
- Lunch

Leave out any of the above and there is a strong possibility you will get sick at band camp. The truth is, there is no excuse to get sick at band camp (unless you truly have a disease). Much sickness at camp can be avoided just by taking care of the above items.

Why the Essentials are Essential

- **Hat** (or some other appropriate head covering) – It will keep the sun out of your eyes and face (preventing “raccoon” tan lines around your eyes)
- **Sunscreen** – sun poisoning, although rare at band camp, is not fun. Sunburn, guaranteed from camp, is not exactly pleasant either. Yes, you will get a “band tan” even if you use sunscreen, but believe me, even if you never wear sunscreen, YOU NEED IT at band camp.
- **Hand towel** – now a hand towel can be useful for many things. You can wet it and wrap it around your neck to cool off, put it on the hot concrete as protection if for whatever reason you have to sit or do warmups on it, or keep it on you to wipe the sweat from your face instead of using your clothing.
- **To have already eaten breakfast and/or lunch** – I have seen far too many “newbies” and some returners throw up and have to sit out the first day of band camp because they did not eat. You must eat during band camp. It will not sit like a lump in your stomach or make you feel sick while you are marching. DO NOT EAT ANY DAIRY PRODUCTS BEFORE OR DURING BAND CAMP OR YOU WILL GET SICK!!!
- **Water bottle/Gatorade/or water cooler** – this one is obvious. You probably will sweat a lot at band camp. If you are not soaked by 9:15 each morning (unless we are inside), see a doctor soon, because you are very sick. During breaks, you will need to fill up with water. Bring at least 3 water bottles and freeze at least one water bottle overnight and bring it with you because it will defrost by the time you need it. *Important note:* DO NOT bring water bottles filled with carbonated sodas, it will just make things worse. Water is best, but sports drinks are acceptable too. Did I mention bring water?
- **Light colored T-shirt and Shorts** – wear shorts every day to band camp. - No big explanation – it is going to be hot! Jeans will become heavier as the day wears on!! Wear a light colored loose or comfortable fitting t-shirt as it will be hot. NO SPAGHETTI STRAPS OR TIGHT FITTING CLOTHING ALLOWED!!!!!!!!!!

- **Chapstick** – use this to keep your mouth from becoming blistered
- **Sunglasses** – these definitely keep the UV light from your eyes and make the glare bearable, since you have to look up, sometimes into the sun. It is acceptable to close your eyes at attention if you are standing still, facing into the sun, but that's impractical if you are moving.
- **Lunch** – bring a HEALTHY packed lunch (NO DAIRY) with you to band camp. Simple as that.

What to Expect at Band Camp

Expect to **work** and **work really hard**. Expect a suntan or sunburn, with tan lines from your shirt and socks. Expect to get bossed around a little. Expect the unexpected – every previous year's band camp holds several stories. Find an upperclassman for details. Most of all, expect to learn the majority of this year's show, have some fun doing it and expect to be proud of the hard work you will put into making the Pride of Kathleen Band and Inferno Color Guard one of the best bands around!

What to Do

There are several things you can do to make band camp a little easier on yourself.

- **Show up** – there have been a few cases of people who completely messed up and didn't realize that there was a band camp, or that band camp was required.
- **Be on time** – you are responsible for being on time. You cannot blame this on traffic, or car trouble, or on your parents. You take full responsibility for it. The only exception is if you call me at (863) 430-1151 or your section leader BEFORE the time you are supposed to arrive and explain the situation (ie. Car trouble, parents, overslept, etc.) **TO BE EARLY IS TO BE ON TIME, TO BE ON TIME IS TO BE LATE!!!**
- **Behave** – just get in line, stay in step, and do whatever is asked of you. Your mentors are not slave drivers. If you work hard we will take note – as well as the other members around you. Also, behaving tends to get things done a lot quicker (nothing worse than rerunning a drill set over and over again because the band isn't behaving correctly)
- **Keep cool** – both literally and physically. First, make sure you are not overheating (the intent is not to make anyone sick), but also keep a calm mind.

So you can't hit the line the first time you try it? That's okay, as long as you keep trying your hardest and listen graciously to advice, you WILL eventually get it.

Final Notes – The Most Important Things to Remember

- Respect the director, instructors, drum major, and officers (they have done this before and know what they are talking about) and no one will get hurt.
- Eat EVERY DAY
- Drink plenty of water or Gatorade during every break (even if you are not thirsty)
- Wear shorts, a light colored t-shirt and tennis shoes
- Wear a hat, bring umbrella, sunscreen, and sunglasses
- Bring your instrument and/or equipment
- Always have a pencil and drill book
- Get to know the people in your band family – freshman or “newbies”, go out of your way to meet upperclassmen (it will be worth it) and upperclassmen or “returners”, please remember that freshmen are people too!!!

Band camp is hard work, but you will find that working hard and then seeing the results of that hard work is something to be really proud of. Remember, excellence is not just for sometimes, excellence is for all of the time!!!