

BAND CAMP STUFF

(SO THE STUFF YOU BRING WILL BE THE RIGHT STUFF)

WE START AT 8:00AM EACH DAY

- Instrument or equipment with all accessories and extra reeds
- **A hat** that will stay on your head in the wind (**mandatory**)
- **A visor is not a hat, a hat is a hat.**
- Lunch each day
- Sun screen, spf 15 or better
- Lip balm with sun block
- Vitamin E for your lips for all wind players (get some, it really helps!)
- Solid tie shoes, with laces, tied firmly on your feet, with socks
NO FLOPPY HIGH TOPS, SANDALS, OR “FASHION” CLUNKY SOLEES!
- **An insulated water jug** with your name carefully applied in permanent marker
- A towel for when we come in and you need to clean up from the rain
- A shirt that covers your shoulders every day-**NO tank tops!**
(you should already have your summer tan)
- A change of shirt for “social acceptance”
- Toiletries (soap, toothpaste and brush, etc.)
- Loose fitting long sleeved and long legged garments for the cool evenings
- Spare shoes for when we get wet
- Insect repellent for the evenings
- Positive attitude. The desire to excel!

August 3rd through the 6th , dinner is served at school for all members and workers. There will be a break each afternoon with beverage and fruit.

Eat a good substantial breakfast each day. Your body will need fuel.

You will get very sore and tired. Expect it. Deal with it. It makes us stronger to have endured. Whining doesn't help. Accept the fact that it takes effort to acquire skill. **If it were easy to be good at this activity, everyone would be good. They are not. We will be.**