

# **BAND CAMP SURVIVAL**

## **BEFORE CAMP BEGINS**

- Go outside
- Stretch
- Be active

## **THE NIGHT BEFORE**

- Eat a healthy dinner
- Drink plenty of water
- Have everything you need for the next day already out
  - Hat, sunglasses, warm weather athletic clothing, tennis shoes, sunscreen, water jug, instrument/music, packed lunch (needed for some rehearsals)
- Go to bed earlier than normal

## **IN THE MORNING**

- Eat a light, healthy breakfast (banana, peanut butter toast, bagel)
  - Avoid dairy, milk, or anything “heavy”
- Drink plenty of water (before you leave the house)
- Apply sunscreen
- Plan ahead and arrive at school early... successful people ALWAYS arrive early

### *Important!*

- *Proper undergarments! Sports bra, compression shorts, etc.*
- *Baby Powder... You'll know when you need it.*
- *Wear a white t-shirt and dark blue or black shorts.*
- *No sandals or flip flops – tennis shoes with socks only*
- *School dress code policies remain in effect during summer band camp*
- *Treat sunburn with aloe or lotion if necessary*