

Athens Drive Marching Band Camp

Band Camp Packing List and Tips

Please label everything with your name!

Neither Wesleyan College nor the band staff can guarantee the security of your possessions.

WHAT YOU BRING IS AT YOUR OWN RISK.

Refillable Water Bottle

Musical Equipment

Instrument

Music

- Flip folders and Lyres (loaned from the band)
- Wire folding music stand -- optional, but helpful
- Field Markers (3)
- Accessories -- extra reeds, grease, valve/slide oil, extra sticks/mallets

Guard

- Tape for guard equipment
- Practice flags
- Performance weapons / props
- Gloves (if you have them)
- Electrical tape
- Drill markers
- Knee, wrist, ankle braces (If you wear a brace during practice, remember to bring it to camp.)

Bedding

- Sheets for a XL single bed and/or a sleeping bag
- Pillow
- Blanket -- the rooms can get chilly
- Towels and washcloths
- Alarm Clock

Clothes

- Shirts
- Shorts
- Socks
- Athletic Shoes (2 pair)
- Shower shoes
- Rain Gear
- Sunglasses
- Hat

Toiletries

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- Shampoo, conditioner and other hair care products.

- Soap for body and face

Toothbrush and toothpaste

- Orthodontics: Wax for braces (particularly horn players), retainers/cases, or other orthodontic care products.

- Facial care products.

- Shaving supplies, if needed.

- For girls, feminine hygiene products.

- Mesh bag (for storage)

- Sunscreen (SPF 15 or higher)

Bug spray

- Lip balm (Chapstick, Blistex)

- Frogg Toggs Chilly Pad (available at Dick's Sporting Goods)

- Muscle liniment (Bengay, Icyhot)

- Band-aids and/or moleskin & scissors

- Blister band-aids

- Anti-fungal ointment

- Elastic bandages (ACE bandages)

- Pain Reliever

Any needed medications

Optional Items

- Snacks

- Spending Money (laundry)

- Laundry Supplies

Do Not Bring items that will cause undue emotional stress if lost. Items such as favorite or expensive electronic devices, jewelry, or clothing tend to top this list. If you don't want it lost or broken, please leave it at home.

Packing Tips

Clothes: Plan on *at least* one outfit per day. Many students shower twice a day just to cool off, and prefer clean clothes to change into. Light colored shirts reflect the heat (dark ones absorb heat and are much hotter). Shirts that cover the shoulders are preferred to minimize sunburn. Chafing can be prevented by wearing bicycle shorts (Lycra or Spandex) underneath regular shorts.

Socks: Bring Lots. Students should change socks any time they are damp; dry, thick socks reduce friction to help keep blisters from forming.

Shoes: Two pairs are preferred, *especially* if it rains. Do *not* send brand-new shoes! They should be broken in for at least a long weekend, preferably longer! The best kind of shoe is a comfortable, flexible running shoe, with a rounded heel and toe. This shoe is the most comfortable for the marching steps.

Absolutely no sandals or bare feet in the field.

Rain Gear: The thin ponchos from the dollar store are fine. You might also consider bringing windbreaker or rain jacket if you have one.

Snacks: There are plenty of snacks provided. However, you can bring a small cooler for drinks and snacks. Be sure to store the food to avoid attracting insects. There is no refrigeration or access to ice during band camp (though the air conditioners in the room keep drinks quite cool).

Laundry Supplies: Laundry facilities are available. Bring your own detergent, dryer sheets and quarters.

Toiletries: Keep the shower toiletries in a mesh bag or shower bucket to carry to the bathroom. There aren't a lot of shelves in the bathroom and the mesh bag can be hung from the hooks. It also dries quickly.

Medications: Don't forget usual medications. If the student takes them on their own, they can keep the medicine with them. If they need reminding, please speak someone on the medical support staff