

ALPHARETTA HIGH SCHOOL MB BAND CAMP INFO
Monday July 27 – Friday July 31, 2009, Rock Eagle Camp, Eatonton, GA

SO – Never been to band camp? Wondering “what” you should bring?

This is a great starting point. Be sure to contact someone (section leader or other band member) if you have any question about anything on this list. When packing, the "rule of thumb" is that you should be able to carry your instrument and luggage in ONE TRIP to the bus, by yourself. If you have to get help, you've packed too much! Tuba players and percussionists may be the exception!

The “DON'T FORGET” LIST:

- If not turned in at registration, bring your *notarized* Medical Release form, signed Liability form (the pool is awesome!)
- Toiletries for 4 nights – You do need towels for showering and swimming!
- Bedding (i.e. sleeping bag or sheets, your favorite pillow).
- a flashlight
- non-scented bug spray – NO PERFUME... unless you like bees !
- Shorts and *white* t-shirts, two pairs of tennis shoes (one for AM, and one for PM while the morning shoes are drying out) and plenty of dry socks for all marching rehearsals
- **ABSOLUTELY NO FLIP FLOPS or SANDALS for outdoor marching** – Sunglasses are fine for outdoor rehearsals (note: we dress in white tshirts outside to see our lines better - and they will help you stay cool!) **IMPORTANT:** bring a refillable and sealable WATER BOTTLE. We recommend the Igloo 1-Qt. or ½ gallon personal cooler, about \$5-10.00 at Walmart or www.igloocoolers.com They hold water and ice and have a handle. Write your name on it with a sharpie.
- ****You should be hydrating NOW (yes, all summer long) and plan to drink plenty of water during camp. How much should you be drinking? The latest conventional wisdom from the field of sports medicine holds that you should *drink daily* half your body weight in ounces of water. That is, if you weight 120 pounds, you should drink 60 ounces of water every day, or seven and a half cups. If you weight 180 pounds, you should drink 90 ounces of water daily, or about eleven cups. The point is that you are drinking NOW so you are hydrated later - when your body needs it!**
- Comfortable clothes for indoor rehearsals
- **Conservative** swim wear and flip-flops (family-friendly swim suits: if you have to ask, don't bring it!). **Snacks** if you want/need them (no carbonated drinks allowed at camp!) Most everyone brings snacks for the evening.
- **Your instrument and necessary accessories** – be sure it's in perfect playing condition *prior* to camp. Reeds, cork grease, valve oil, etc....
- ****Music lyre for your instrument** to hold the music during *outdoor* rehearsals (local music stores)
- print and bring ANY SHOW MUSIC that is available on the website. *Memorize* as much as possible!
- **** Wire music stand for indoor rehearsals** – label with your name.
- a lightweight 3-ring binder to store your drill in along with a shoestring long enough to hold the binder around your neck during outdoor practice (about the length of a saxophone neck strap).
- Odds-and-ends: plenty of spray-on, unscented sunscreen: if you sunburn easily, bring a hat too, bug spray (something with deet), bee sting kits if you need them, inhalers as required. We will have adults on hand at all times.