Talawanda Marching Band Camp Packing List

Musical Equipment/Guard Equipment

Instrument Music Flag, Rifle, etc. Guard gloves Pencil/Pen Small Spiral Notebook (Dot Book) Shoe String

Bedding

Sheets for a single bed or a sleeping bag Pillow Blanket Towel and Wash Cloth **Alarm Clock**

<u>Clothes</u>

Shirts Shorts Socks & underclothes Sweat shirt & pants for mornings Athletic Shoes (2 pr.) **Shoes for Showers** Sunglasses Hat

<u>Toiletries</u>

DEODORANT!!! Shampoo Soap Toothbrush & Toothpaste Feminine Hygiene Items **Sunscreen (SPF 30 or higher)** Bug Spray Lip Balm (with SPF 15 or higher)

Other Items

1 Gallon Water Bottle/Jug Snacks (optional) Rain Gear Hat

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Packing Tips

Bedding: Beds are XL twin size – only the frame and mattress is provided. Some students prefer a sleeping bag to sheets and a blanket.

Clothes: Plan on at least one outfit per day. Light colored shirts reflect the heat (dark ones absorb heat and are much hotter). Shirts that cover the shoulders are preferred to minimize sunburn. Loose fitting clothes are cooler and more comfortable than tight fitting clothes. Sports bras are highly recommended for the ladies. No long jeans permitted!

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

Shoes: Two pairs are required, 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. Absolutely no sandals or bare feet will be permitted on the field.

Rain Gear: The thin ponchos from the dollar store are fine. The band practices rain or shine.

Medications: <u>All medications</u> should be given to the chaperone when you drop your student off. Place the medication in a large Ziploc bag with your child's name on it. Also include in the bag, the student's name, dosage instructions, time of day to take medicine and any other information you think is important for the chaperones to know. It is your student's responsibility to come and take their medicine; we will not be able to go searching for him/her to remind them! The band has most common over the counter medications (Advil, Tylenol, Pepto Bismal, BandAids, etc.). <u>Be sure that your student does NOT have any type of medicine, over the counter or prescription, in their suitcase (unless prior arrangements have been made).</u>

Do NOT Bring:

Opened drink containers Expensive items that may be lost (THS and/or EKU are not responsible for lost/stolen items) Anything prohibited by school rules Most importantly...do not bring a bad attitude!

Any type of hazing activity is strictly prohibited and will result in immediate disciplinary action!

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