

# 2017 AWAY BAND CAMP PACKING LIST AND HELPFUL HINTS

**What to Pack:** (Remember: Lake Ann is a Christian Camp, modesty is a must!!)

1. Shorts – No extremely short shorts
2. T-shirts and tank tops – No spaghetti straps or cami's, no inappropriate sayings or designs
3. Bathing Suit – No bikinis, girls should only bring a one piece suit or "tankini"
4. Warm clothes – jeans and a sweatshirt or jacket – it usually gets cool at night
5. A "casual-nice" outfit for the dance (i.e. shorts and a polo, casual skirt, etc.)
6. Personals – p.j.'s, underclothes, etc
7. At least 2 pairs of good white socks **per day** (minimum of 10 pairs)
8. Supportive, broken in athletic shoes
9. An extra pair of athletic shoes
10. Sandals or flip-flops (feet need time to "air out" after all the marching!)
11. Rain gear – raincoat or poncho (hint: pack a few \$1 ponchos that can be tossed)
12. Personal hygiene products – no glass containers
13. Beach Towel and Bath towels. Towels will be hung outside to dry so you may need several
14. Sleeping bag and pillow, or bedding for a twin bed (we are in twin-sized bunk beds)
15. Spending money (for coffee bar/snack bar) The camp store has some clothing and souvenirs
16. Snacks (must be kept in zip lock bags or a plastic sealable container)
17. Marching supplies – **personal water bottle**, music flip folder with 8-12 windows, lyre, personal field marker, pencil, highlighters (2-3 colors), 3-ring binder with clear page protectors, hat, and sunglasses
18. Sunscreen and insect repellent (for your personal use each day)
19. Cinch sack or small backpack to carry marching supplies, rain gear, sunscreen and insect repellent to and from rehearsals
20. Alarm clock, flash light, fan (suggestion: coordinate one box fan per cabin)
21. iPod/MP3 player, cell phone, book, for down time. Don't forget your charger and cable, earbuds/headphones, and a multi-outlet extension cord/power strip
22. Ankle and/or knee support braces, if worn/needed

## HELPFUL HINTS

1. **SOCKS AND SHOES MUST BE WORN ON THE MARCHING FIELD AT ALL TIMES – NO SANDALS. Shoes and socks protect your feet from injury, sunburn and insect stings.** Don't bring brand new shoes – break them in before camp to prevent painful blisters
2. Wear sandals or flip flops during down time to air out your feet
3. Chafing is another common issue – look for anti-chafing products in the drugstore
4. Mark your name or initials on clothing and belongings (especially on band gear, as everyone has the same t-shirts, etc.)
5. Bring light colored clothing – dark colors absorb the heat
6. Try to get some exercise before band camp. You are on the marching field for many hours and this could be difficult if you are too sedentary before camp
7. **EAT and DRINK** properly at camp, this is not the time for diets; you will need energy and fluids to participate. Limit pop during the day
8. Get proper rest. You will be tired from marching and wakeup call is early. Do not socialize in your cabin too late at night
9. Your stafferones are there for you - ask them for advice
10. Attitude + Respect + Commitment = Success