Band Camp is a wonderful week full of great friends, great music and great fun. This document will aid in the preparation for the best experience that you can have at band camp. Additionally, there is a list of FAQ’s and Helpful Tips and Tricks from past student experiences. The JGHS “Rocket” Marching Band is excited to have you as a member and look forward to the year ahead!

**Pack for a whole week:**

* ***Clothes****:*

Tank-tops (No spaghetti straps)

T-Shirts

Gym/ Athletic Shorts

Long Pants (jeans and/or sweatpants/yogas/leggings)

Hoodie/jacket/ long sleeve

Rain jacket/umbrella

Pajamas

Swimsuit

Undies

Socks

Extra Socks

**DARK BLUE SHORTS**

**WHITE SHOES**

**Comfortable Tennis Shoes**

**One “Nice” outfit for the dance (jean shorts acceptable here)**

* ***Toiletries/ Bedding:***

Towels for showering

Feminine Products (if needed)

Shampoo and Conditioner

Body Wash

Face wash/Face wipes

Loofa/washcloth

**DEODORANT**

Flip Flops to wear in the shower

Twin Sheet

Sleeping bag/blanket

Pillow or two

* ***Equipment:***

 Instrument (some packed on truck)

 Flags (packed in truck)

 Extra reeds (if needed)

 Lyre/ Flip folder

 Music Binder

* ***Other/Misc:***

Bug Spray

 Sunscreen

Trash bag for dirty clothes

Snacks (in plastic tubs)

Refillable Water bottle

Sunglasses

2 pencils

Icy-Hot (if wanted)

Braces/wraps (if needed)

Money for the camp store

Baby powder

Phone Charger

Power Strip

**Your Positive Attitude!**

**FAQ’s**

***Wow, that’s a lot of things on your list….How much luggage is too much luggage?***You are allowed to bring one large suitcase and a bag for your bedding. OR a variation of the sort, a large duffle bag and a bag for bedding or two medium suitcases and a bag for bedding. The main point is that it fits under your bed at camp. Additionally, you can bring a backpack/bag on the bus.

***What, I can’t wear spaghetti straps? What if it’s hoooooottttt?***Even though we are not at school, the school dress code still applies. Thus, just spaghetti strap tanks are not allowed. One is welcome to wear a spaghetti strap tank top as an undershirt. But, tank tops must be wide strapped.

***What is our day like?***The days at band camp are very full, we have practices, sectionals, three meals, down time, free time, and the night activity. There will not be a bored moment at camp. The week will be filled with fun times, learning our show, and growing as a band.

***Night activity? What is that? Do I have too??***Our nightly activity changes from day to day, as a band we will spend the time before sleeping doing an activity a night collectively as a group! For example, things we’ve done in the past, movie nights, a camp dance, a campfire. During camp we do everything as a group. So in short, yes, it’s important that everyone attends the night activities!

***Will we really learn all of our show at camp?***It is our main objective as a band to take this week and learn our upcoming show. One cannot promise that they will learn their whole show, but as long as we work hard and stay focused on our goals, whatever we learn will be an achievement!

***Are there showers? How, what, when, where?***Of course there are showers! It is very important that as one goes through the week they keep up their personal hygiene! While we will be busy at camp, there will be plenty of time to shower and wash up. Some students like to take mornings or at night, while others like to shower during free time. It is up to you.

***I’m overwhelmed, what if this is too hard?***Whoa there! Learning any new skill is going to be a slight challenge. Luckily, you have 50 of your closest friends around to talk with! If you are feeling overwhelmed please reach out to your Section Leaders or Instructors. Everyone was new at one point; things that you might go through, are something we all did.

***Why is socks on the list twice? How many socks do I need?***Out of every single item on this list, Bethany’s most important item to pack = socks. To be honest, you are going to get tired at camp; your feet may hurt or feel tired. A simple way to relieve some of that tiredness is changing your socks halfway through the day. It is a quick way to refresh!

Suggested packing: two pairs for every day!

***WATER we doing?*** “Water is your best friend for the week we are at camp! Drink water all day! Specifically, drink water at every meal. Avoid juice/pop at breakfast and lunch!” - Chloe Tooson, 2017. The name of the game is staying hydrated. Fill up your water bottle ( recommended no less than 24 oz. bottle) at every meal. Drinking water all week will keep your mind strong and energized. Water will keep your body from shutting down and will reduce soreness. Drink Water!

**Helpful Tips and Tricks / Do’s and Don’ts:**

*Here are some thoughtful ideas from past experiences. Not all may apply to each individual.*

Eat at every meal, even if you are not hungry. If you are a person that skips breakfast, it is in your best interest that you eat breakfast. The chaperones will know if you are not eating.

Leave the drama on or off the field. Spending a week with 50 people is not the easiest. Learning a brand new show is not the easiest either. Your feelings are 100% valid, but sometimes it is best just to let it go. Negativity spreads quicker than a forest fire, and so do rumors. Additionally, keep your negative thoughts about other people off social media.

Ask questions! The instructors are here to help you! If there is a concept that you are not grasping don’t be afraid speak up! We will assure that you get the guidance you need.

Have fun! We will be working hard at camp, but that doesn’t mean the work won’t be a good time. If you get tired or start to feel negative, start to think of something cheerful. A positive attitude will get you through the day.

***MOST IMPORTANTLY: It’s all fun and games until someone doesn’t hear the directions****.* Band camp is so much fun! Great memories will be made at camp. There will be times where you’ll want to talk to one another or share with your friend next to you something else. Our staff encourages that. But, when an instructor, chaperone, or Mr. Cramer is giving instructions or talking please do not interrupt or talk over them. Not only is it disrespectful, the process of learning the show will be slowed down greatly.

***Finally***, did we mention socks? Don’t forget to pack extra socks!! Seriously, your band camp will be 100% better if you bring a lot of socks!

First be proud, then step off!

* *Your JGMB Staff*