

LIST OF THINGS NEEDED FOR SUMMER

Always be prepared! Make sure you have everything you need for the day.

Practice days:

- ⦿ Nutritious food (bring your lunch in a small cooler)
- ⦿ **Healthy** snacks
- ⦿ Drinks (Gatorade/ non-carbonated drinks are the best)
- ⦿ Insulated jug full of water
- ⦿ Raingear (always be prepared to be outside)
- ⦿ Change of clothes (in case you get wet or cold)
- ⦿ Music
- ⦿ Instrument
- ⦿ Wear comfortable tennis shoes
- ⦿ Hat & Sunglasses
- ⦿ Bug Spray & Sunscreen



Show days - you will need everything listed above plus:

- ⦿ Uniform necessities (band shirts, black socks, band shoes, clean underwear)
- ⦿ Shower stuff (towel, soap, shampoo, deodorant, etc)

Overnight Tours:

- ⦿ Sleeping bag
- ⦿ Air Mattress or bedroll (we'll be sleeping on the gym floors)
- ⦿ Pillow
- ⦿ Blanket for the bus rides
- ⦿ Personal Toiletry Items
- ⦿ Towels for showering and swimming
- ⦿ Shorts & T-shirts, sweatshirt & sweatpants
- ⦿ Comfortable tennis shoes
- ⦿ Raingear (always be prepared to be outside)
- ⦿ Pajamas
- ⦿ Uniform necessities (band shirts, black socks, band shoes)
- ⦿ Swimming suit
- ⦿ Insulated Water Jug
- ⦿ Hat & Sunglasses
- ⦿ Bug Spray & Sunscreen
- ⦿ Things to do on the bus - games, cards, books, music etc.
- ⦿ Prescription Meds - give to medical chaperone, if necessary
- ⦿ Calling card if desired

Please make sure you have your name on all items, including clothing.