

# Band Camp Packing List 2021

Here are some packing suggestions! Everything you bring is your responsibility. Steubenville City Schools, Big Red Band, Directors, Staff, Chaperones and Students are not responsible for lost, stolen, misplaced, or damaged belongings.

## Musical Equipment

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- Instrument
- Music
- Binder
- Pencil(s), Erasers, Sheet protectors
- Accessories -- extra reeds, grease, valve/slide oil, extra sticks/mallets.

## Bedding

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- Sheets for a single bed and/or a sleeping bag.
- Pillow
- Blanket
- Towel and washcloth
- Alarm Clock/Cellphone Alarm
- (lockable) Foot Locker

## Clothes

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- Shirts (No Tank Tops, Cotton breathes best!)
- Shorts
- Socks
- Athletic Shoes (2 pr)
- Flip flops (for shower)
- Rain Gear
- Sunglasses
- Hat- required at all field rehearsals
- Watch
- Bathing Suit ( *please refer to camp regulations for types of swimwear allowed at camp*)
- Jacket/Sweatshirt (can get cool at night)
- Black shorts, white socks, white tennis shoes and Band Shirt ( Required for preview performance)
- Compression shorts

## Optional Items

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- Snacks
- Water/Gatorade
- Small fan for bedside
- Small amount of money for ice ( please send small bills. \$1 per bag)
- Flashlight

## Toiletries

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- DEODORANT.**
- Shampoo**, conditioner, and other hair care products.
- Soap** for body and face.
- Toothbrush** and **toothpaste.**
- Orthodontics: Wax for braces (particularly horn players), retainers/retainer cases, or other orthodontic care products.
- Facial care products.
- Shaving supplies, if needed.
- Feminine hygiene products.
- Mesh bag (for storage)
- Any needed medications**

## Additional Toiletries (see Packing Tips)

- Sunscreen** (SPF 15 or *higher*)
- Bug spray** (10% DEET)
- Lip balm** (Chapstick, Blistex)
- Gold Bond powder ( helps prevent chaffing)
- Gel Insoles
- Desitin, Monkey Butt, Powder

**Do Not Bring** items that will cause undue emotional stress if lost. Items such as favorite or expensive electronic devices, jewelry, or clothing tend to top this list. If you don't want it lost or broken, please leave it at home.

Band Camp and Uniform Fees are to be **PAID IN FULL** at registration.

# Packing List Cont.

## Bedding

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

## Clothes

- Plan on *at least* one outfit per day. Many students shower twice a day just to cool off, and prefer clean clothes to change into.
- 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.
- Wearing bicycle pants (the Lycra or Spandex kind) underneath regular shorts can prevent chafing.

## Socks Bring Lots.

- Veteran parents suggested buying a large package of new, thick socks to send. "Liner" socks -- cotton "footie" type socks that are worn under regular socks help prevent blisters.
- Change socks any time they are damp; dry, thick socks reduce friction to help keep blisters from forming.

## Shoes Two pairs are preferred, *especially* if it rains.

- Do *not* send brand-new shoes! They should be broken in
- The best shoe is a comfortable, flexible running shoe, with a rounded heel and toe. This shoe is the most comfortable for the marching step.
- *Absolutely no sandals or bare feet on the field.*
- Flipflops are on the list to be worn in the shower to prevent contracting athlete's foot or plantar warts. Discount store Flops are perfect
- Flipflops are not to be worn outside of the dorm.

## Rain gear

- The thin ponchos from the dollar store.
- Consider bringing windbreaker or rain jacket if you have one. We WILL march in the rain!!

## Snacks Snacks are provided.

- You can bring a small cooler for drinks and snacks.
- Store the food in large zip lock bags or Tupperware style sealable containers to avoid attracting insects.
- There is no refrigeration only access to ice during band camp (\$1 per bag).

## Toiletries

- Keep the shower toiletries in a mesh bag (like for washing lingerie) to carry to the bathroom. There aren't a lot of shelves in the bathroom, and the mesh bag can be hung from the hooks and will dry quickly.

## Medications

- All medications must be given to the Nurse at check-in.
- All medications must be in the original package with student name.
- Emergency medications are required to be with the student at all times. (epi-pen, glucose tablets, etc.)

**Additional Toiletries.** Band camp is strenuous and takes place outdoors. Veterans feel the following “extras” are imperative. Parents of rookies should pack these even if their student protests!

- Sunscreen-the higher the SPF the better.
- Bug spray-the most effective ones are 10% DEET.
- Lip balm (Chapstick, Blistex or similar) helps prevent sun burnt and wind burnt lips, and also prevents chapping from many hours of playing a horn.
- Ladies plan for any sanitary needs that may surprise you.
- Band-aids-prevent blisters. Use these products on your feet the first day *before* you get blisters.

**Please label your items!** Clothing can get mixed up in the room; labels identify who has to pick up the dirty socks. Items that go down to the field (bug spray, sunscreen, elastic bandages, etc) are sometimes forgotten on the sidelines; if they have a name on them, they can be returned.