

Band Camp Survival Tips

Hydrate Early and Often

- Start increasing your water intake several days before camp begins.
- Bring a large, labeled water jug (½ gallon or more) and refill it often.
- Sports drinks (like Gatorade) can help replace electrolytes—but water comes first.
- Avoid energy drinks, soda, coffee, and anything with caffeine—they'll dehydrate you.

Eat to Fuel Your Body

- Eat a healthy breakfast every morning (skip the milk—trust us on this one).
- Pack a balanced lunch and bring light snacks like pretzels or crackers.
- Avoid greasy foods and sugar-heavy snacks, especially before practice.
- No peanut products at camp—respect food allergies!

Gear Up Like a Pro

- Wear lightweight, breathable clothing (no jeans!). White t-shirts are best.
- Bring two pairs of socks and shoes if possible—your feet will thank you after morning rehearsal.
- Athletic shoes with laces are a must. No sandals, slides, Hey Dudes, or boots.
- Essential extras: Hat, sunglasses, SPF 30+ sunscreen (reapply regularly), and lip balm.

Get Heat-Ready

- Spend some time outdoors each day leading up to camp to acclimate.
- Learn the symptoms of heat exhaustion (dizziness, nausea, extreme fatigue). Speak up immediately if you feel off.
- Always wear a hat when outside. It's not optional—it's protection.

Pack Smart

- Daily checklist:
 - - Water jug
 - - Lunch & snacks
 - - Instrument/equipment
 - - Drill book & pencil
 - - Hat, sunglasses, sunscreen
 - - Deodorant (you will need it)
 - - Extra socks/shirt/shoes
 - - Reeds, valve oil, slide grease, etc.
 - Label everything!

Follow the Band Code

- Early is on time. Plan to arrive 15–20 minutes before rehearsal.
- Respect the directors, staff, upperclassmen, and each other.

- When someone is giving instruction—listen. Don't talk.
- If you need help, ask your section leader or drum major. They've got your back.

Stay Positive & Encourage Others

- Bring a positive attitude every day.
- Don't get discouraged if you mess up—it's part of the process.
- Support your fellow bandmates. We're all in this together.
- Take the work seriously—but remember to smile and enjoy the journey.

Practice Good Hygiene

- Shower daily. Wear clean clothes each day.
- Keep deodorant in your case or bag for a mid-day refresh.
- Stay clean = feel better = perform better.

Get Some Sleep

- Rest is essential. Aim for a full night's sleep before and during camp.
- You can't focus, march, or play well if you're running on empty.

Be Ready to Learn

- Band camp is where the show begins—literally.
- Use your drill charts, listen to feedback, and rehearse with intention.
- The habits you build this week will carry through the whole season.