



Beech High School

Buccaneer Brigade

SUPPLY LIST

Please bring these items with you to band camp every day. We have so many things to cover, and we have so many people to take care of. Any day you miss from our intense schedule puts you more than six hours behind everyone. That's like missing six days of school for only missing one practice. Do everything it takes to take care of yourself during this time.

Preparations

- Breakfast - Eat a good breakfast before every day's camp. Be sure your breakfast includes protein and carbohydrates. Pop-tarts and/or a bowl of cereal is *not* a good breakfast.
- Water- Prior to going to bed, drink 2 glasses of water. Prior to coming to band camp, drink another glass of water. Your body will use all 3 glasses in the first 2 hours of outside work.

Supplies

- Thermos - everyone is to bring a thermos. We will not have long "organized" water breaks. Everyone's body is different and needs hydration at different levels. For that reason everyone will bring his/her own thermos, then as we reset you can "splash & go."
- Sunscreen & Chapstick- Go ahead and bring some. Even if you "never wear" sunscreen, you may be surprised at how burned you get. It's better to have it, than get sun poisoning. We can't afford to have anyone miss practice.
- Lunch - Everyone needs to bring a good sack lunch. Leftover pizza is *not* a good lunch. Try and avoid salty foods all together. Cold-cut sandwiches are perfect. Protein and carbs are what you need, no Atkins diet here!
- Music - Should go without say, but just to remind you.
- Pencil - Bring it. We may need to make changes to the music/drill.
- Sunglasses - This is the best way to insure you can see, so wear them.
- Light Colored Clothing - wear materials that breathe. No jeans or heavy clothes. Try and avoid dark colors. It is already hot enough, and hydration is a problem for everyone. Be sure to wear colors that reflect the sun.
- 1 Pack of Note Cards - Used in setting drill. Should be bound together.
- Fanny pack/mini drawstring backpack - will be worn outside by everyone during drill work.

Medicine

- Insulin - If you take insulin, please bring an adequate amount for you. We have a refrigerator where you can store it.
- Prescriptions- if you take any regular medication it needs to be given to Mrs. Martin. Bring it in a ziplock bad with your name on the outside.
- Inhaler - If you take an inhaler, bring one to be put in with the other medications. It is better to be prepared.
- Headache medicine, allergy medicine, and eye wash- we will have some of this on hand, but donations are appreciated.