

HOW TO SURVIVE BAND CAMP!!!

- Eat something before you come to rehearsal
- Bring Lunch
- Bring Water (small cooler)
- Wear Appropriate Clothing:
 - Sneakers with support and socks
 - Loose fitting clothing so you can move
- Protect yourself from the sun:
 - Use Sunscreen
 - Wear a hat and sunglasses
- Use Bug Spray with DEET for evening rehearsals
- Remember your equipment/music and a pencil
- Once you get drill sheets and drill books – NEVER FORGET THEM!