

## SUGGESTIONS FOR PACKING

**Checklist-Please remember you will be allowed one suitcase and a carry-on bag for the bus. That's it!**

- \_\_\_ Instrument and all accessories (ie. reeds, valve oil, etc.)
- \_\_\_ **WATER BOTTLE** (Half-Gallon. or larger)
- \_\_\_ 8-10 casual shirts/t-shirts
- \_\_\_ 1 sweatshirt/"hoody"
- \_\_\_ 1 folded rain poncho or something similar
- \_\_\_ 6-7 pair of shorts (no spandex, loose fitting athletic shorts are best)
- \_\_\_ 1 bathing suit
- \_\_\_ Theme day apparel
- \_\_\_ 2 pair of athletic, gym, tennis shoes (not boots, "skater shoes", sandals)
- \_\_\_ Sandals/flipflops (non-field rehearsal times and for showers)
- \_\_\_ **At least** 10 pair of socks
- \_\_\_ 1 pair of sweat or warm-up pants
- \_\_\_ Undergarments (please bring enough!) (Ladies- sports bras are suggested)
- \_\_\_ 1 pair of pajamas
- \_\_\_ Bed linens (sheets, blanket, sleeping bag)
- \_\_\_ Pillow
- \_\_\_ Hat or visor
- \_\_\_ Sunglasses
- \_\_\_ Shower towel & Beach towel
- \_\_\_ Toothbrush/Toothpaste
- \_\_\_ **Medicine (a weeks worth in original bottle with name if possible)(to be checked in with luggage and distributed by chaperone nurses. NO over the counter meds please, ie. Ibuprofen, Advil, Tylenol, etc. We will have those available if needed)**
- \_\_\_ **Deodorant, soap, shampoo**
- \_\_\_ Brush/comb
- \_\_\_ Sunscreen (high SPF count, SPF5 does nothing)
- \_\_\_ Bug Spray
- \_\_\_ Some type of burn cream--just in case and chafing cream or baby powder
- \_\_\_ Alarm clock
- \_\_\_ Contact lens supplies
- \_\_\_ Fan (check with roommates, will only need 1 or 2 per room)
- \_\_\_ Ace bandage (we won't hand any of these out!) or any brace or support you have for any joints
- \_\_\_ Snacks (any food must be in sealed containers so we don't encourage stray critters)
- \_\_\_ Cell phones/chargers
- \_\_\_ 1 Box/Package of snacks or miscellaneous item to be used by the whole group  
(Last name A-F Sunscreen, G-K Bug Spray, L-P Water Balloons, Q-U Granola Bars, V-Z Cheese or Peanut Butter crackers)

My own checklist:

- |          |          |
|----------|----------|
| 1) _____ | 5) _____ |
| 2) _____ | 6) _____ |
| 3) _____ | 7) _____ |
| 4) _____ | 8) _____ |