



## Items to Bring Everyday To Marching Band

### HAVE A BAG THAT YOU CAN DESIGNATE FOR MARCHING BAND

- ★ \*\*\*Epi-Pen/Auvi-Q (If you need this)
- ★ \*\*\*Inhaler (If you need this)
- ★ Sunscreen
- ★ Bug Spray
- ★ Snacks (For minicamp days and band camp days)
- ★ Water Jug/Camelback
- ★ Hat
- ★ Sunglasses
- ★ Sweatshirt
- ★ Sweatpants
- ★ Pencils
- ★ Music

### Important Things to Remember

- ★ MARCHING BAND IS A SPORT
- ★ Drink lots of water/sports drinks - NO SODA
- ★ Eat well before coming to rehearsal (think carbs and proteins)
- ★ Wear comfortable clothing (Please don't wear clothes that are all dark)
- ★ Comfortable gym shoes - NO Flip Flops/Sandals

Remember, I am here for all of you. If you have any medical conditions that I should be aware of please share them with me...I can't be your advocate if I don't know there is a problem.

*Ms. Coyle BSN, RN  
Marching Mustang's Nurse*