

Buckhorn Band

Top 10 Camp Survival Tips

1. Wear tennis shoes every day with cool clothing (no dark colored clothing). Even if it does not rain you may still get wet. Do not wear your best clothes or your favorite tennis shoes.
2. Put on the strongest sunscreen you can find each morning and throughout the day. DCT is the best lip protection for musicians I can find. It contains SPF protection and will not break down the tissue in your lips like regular Chap Stick. Bug spray would be an added bonus.
3. Wear a hat or something to cover your head. (take hats off in the band room)
4. Drink lots of water/Gatorade and avoid cokes and heavy, greasy foods. Avoid dairy products and eat at least a small breakfast every morning. Drink a tall glass of water before you leave each morning.
5. Bring your own water bottle and drink as much as possible throughout the day.
6. Make yourself get plenty of sleep each night and take advantage of rest breaks by not exerting a lot of energy.
7. Do not miss any rehearsals, it is dangerous to your health and the to those around you.
8. Always have your instrument, music, drill sheet and a pencil.
9. If you feel yourself getting dizzy or losing vision kneel to the ground and do not lock your knees.
10. Bring your inhaler if you have one, even if you have not used it in years. Inform Mr. Raney if you have any medical conditions or special allergic reactions such as bee stings.

Bonus: Always wear the best attitude you own.