

# Tips for Surviving Band Camp



It is no secret that Band Camp involves being outside in the TN summer heat! But the discomfort can be minimized (or even eliminated) by being prepared and following these tips:



## 1) Get acclimated to the heat.

Do some outdoor activities during summer before camp begins. This helps your body get used to the heat and helps get you in better shape ahead of time.

## 2) Drink lots of water.

Drink it in the evening the day before, all day during rehearsals, and afterwards as well. (Avoid sodas and other sugary drinks- these can dehydrate you.) Bring water to rehearsals- (plastic bottles, jugs, CamelBaks, coolers, etc.)



## 3) Protection from the sun.

Sunscreen of SPF 15+ should be applied before all outdoor rehearsals, and will need to be re-applied throughout the day- before 8am, again around 10am, and then before 5:30pm. We do try to avoid being outside during the hottest part of the day (from 11:30-5:30) and we constantly monitor the temperature and heat index.

## 4) Dress properly

Wear clothes that are light colored and lightweight that do not restrict bodily movement. -Do not wear tank tops, swimwear, sandals, or flip flops, and cover all undergarments appropriately. Proper footwear is essential- **tennis shoes** (with laces) and **socks**. Wear **hats** and/or **sunglasses** to protect the eyes and face.



## 5) Get a good night's sleep.

This allows the **body** to rest and recuperate.



Sleep also helps the **brain** work better the next day.



## 6) Eat healthy and well-balanced meals.

- Be sure to eat a good breakfast of **fruits** and **proteins** BEFORE rehearsal to give you the energy you need.
- Bring some light snacks (fruit, protein bars).
- Avoid heavy foods, sugary items, and dairy products before a hot outdoor rehearsal.
- Not eating is also a bad idea.

DRINK  
*more*  
WATER



And drink lots of water!