

# 2023 AWAY BAND CAMP PACKING LIST & HELPFUL HINTS

**Michindoh guidelines insist on modest clothing choices. You will be asked by Michindoh staff to cover up clothing that is deemed inappropriate for a children's camp. Thank you for making smart choices and avoiding embarrassment.**

1. Prescription and OTC medicines that you take (skip vitamins for the 4 mornings we are at camp)
2. Ankle/knee/elbow/wrist support braces, if worn/needed
3. Shorts – No extremely short shorts
4. T-shirts and tank tops – No spaghetti straps or cami's, no inappropriate sayings or designs
5. Bathing Suit: No bikinis, girls must bring a one piece suit or tankini only. No 'Speedos' for the guys (Michindoh policy)
6. Warm clothing options such as one pair of jeans and a sweatshirt or jacket – it can get cool at night
7. A casual/nice outfit for the dance (i.e. shorts and a polo, casual skirt, etc.)
8. Personals – p.j.'s, underclothes, etc
9. At least 2 pair of good white socks **per day** (minimum of 14 pair recommended). Dry feet are happy feet!
10. Supportive, broken in athletic shoes
11. Sandals / crocs / flip-flops to let feet air out when not marching
12. Disposable rain gear – raincoat or poncho
13. Personal hygiene products – **no glass containers**. Deodorant is required for all!
14. Small shower caddy to transport your soap/shampoo/etc to and from the shower
15. Beach & bath towel(s). Towels will be hung outside to dry; you may want more than one
16. Sleeping bag and pillow, or bedding for a twin bed (twin-XL sized bunk beds)
17. Something to put dirty clothes in (can liners), 2 plastic hangers for hanging wet items on your bunk
18. Spending money / debit card for coffee bar/snack bar. The small camp store has some clothing and souvenirs too, warning... they are pricy
19. Snacks (in sealed containers to keep bugs and other vermin away)
20. Marching supplies – **personal water bottle**, music flip folder with 8-12 windows, lyre, personal field marker, pencil, highlighters (2-3 colors), hat, and sunglasses
21. Sunscreen and insect repellent for personal use
22. Cinch sack or small backpack to carry marching supplies, rain gear, sunscreen and insect repellent to and from rehearsals
23. Cell phone, charger and cables, earbuds/headphones, and a multi-outlet extension cord/power strip
24. Small personal flashlight (not your phone)
25. Small personal fan (cabins are air conditioned – large fans are not needed)

## HELPFUL HINTS

1. **SOCKS AND SHOES MUST BE WORN ON THE MARCHING FIELD AT ALL TIMES – NO SANDALS/CROCS/FLIP-FLOPS.** Shoes and socks protect your feet from injury, sunburn and insect stings. Don't bring brand new shoes – break them in before camp to prevent painful blisters. For socks ... cotton is rotten!
2. It's a good idea to bring some backup clothing – but don't overpack as everyone must be able to transport their own belongings.
3. Chafing is a common issue anywhere wet skin rubs together – bring and use anti-chafing products
4. **Mark your name or initials on clothing and belongings** (especially on band gear, as everyone has the same t-shirts, etc.)
5. Bring light colored clothing – dark colors absorb the heat.
6. Placing dryer sheets in your luggage can help keep things smelling better – bugs don't like them either
7. **EAT and DRINK** properly at camp, this is not the time for diets; you will need energy and fluids to participate. Michindoh does not have soda fountains.
8. Get as much rest at night as you can! You will be tired from marching and wakeup call is early. While tempting, try not to socialize in your cabin too late at night.
9. Marchers: The stafferones are there for you - ask them for advice! They've been in your position not too long ago!
10. Attitude + Respect + Commitment = Success

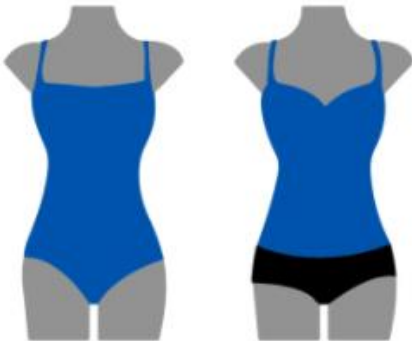


## Michindoh Contract Policies: Swimsuits

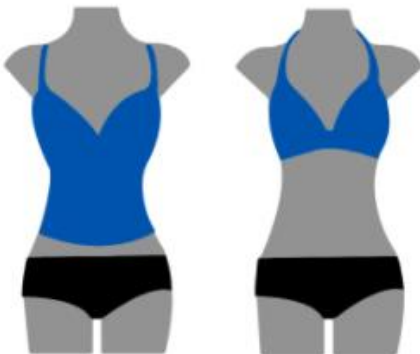
### General Policy

g. Bathing suits are limited to modest one-piece and tankini swim-wear that covers the midriff and backside for females, and modest board shorts or dragsuits for males. Staff will insist that a covering be worn if it is felt the attire is inappropriate.

### WOMEN



One piece swimsuits and tankinis that COVER the midriff and backside



NO swimsuits with low necklines, revealing midriffs or backsides, or bikinis

### MEN



Board shorts and dragsuits



NO speedos or jammer shorts