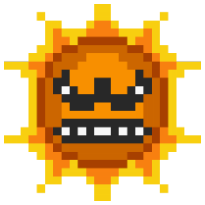
Band Camp Readiness:

💯🔥



Make sure you've had your PHYSICAL EXAM and have the required form ready to turn in on July 22!



Heat acclimation- Spend time outside for a little bit more each day until camp, even if just to walk around the block



Hydration- get in the habit of drinking MORE WATER than you're used to, and consider hydration supplements such as electrolytes as first day of camp approaches (and beyond)



Supplies Check- make sure you've gone through needed supplies from the 'Health Guidelines and Supplies List' from the summer newsletter



Communicate with your Squad Leader- they can help answer questions and make sure you are prepared!