



## GET READY FOR CAMP!

### WHAT DO YOU NEED TO BRING TO UDA CAMP?

- ★ **Completed Medical Release Forms for each person (this includes advisors, chaperones and coaches)** are to be brought to the registration table at camp. We must have the original copy. **DO NOT** send Medical Release forms to the office.
- ★ Dance attire (t-shirts, shorts and tennis/dance shoes). Most teams wear matching outfits. This is **NOT** required but is a good way to identify you as a group. Whenever possible, please mark all belongings by name and address.
- ★ For UDA Overnight Camps Only:
  - ★ Toiletries such as a toothbrush and tooth paste, face wash and shampoo. If appropriate, please bring an antiperspirant/deodorant such as Degree Girl®, which provides great 24-hour protection that gets girls through every OMG moment with confidence! For a Degree® Girl coupon, visit [www.DontFretTheSweat.com/coupons](http://www.DontFretTheSweat.com/coupons).
  - ★ Bed Linens (sheets, pillows, blankets, towels)
  - ★ Alarm Clock
  - ★ Shower Shoes
  - ★ Camera (1 per team)
- ★ Uniforms (may be worn during evaluations if desired but are not required).
- ★ Your music on CD for the optional Home Routine Evaluation. Please bring a backup CD. You may also bring a CD player to practice camp routines.
- ★ Refillable squeeze bottle (for each person)
- ★ Spending Money (optional). Most participants bring \$50 - \$55 for snacks, soft drinks, t-shirts, souvenirs, etc.
- ★ Rain coat and/or umbrella
- ★ Sunscreen, lip balm, ace bandages or tape, medications for muscle soreness or headaches (ibuprophen, acetaminophen, aspirin, etc.). Varsity is not allowed to administer any kind of medication at camp. Most camps have first aid personnel on duty.
- ★ **NOTE: If your team is commuting to an Overnight Camp (which means you are receiving instruction only), meals are NOT provided.** Be sure to bring your meals or money for meals. You may purchase your meals from the cafeteria at **some** locations.

