



## What do you need to bring to UDA camp? Overnight Camp



DANCE WITH UDA THIS SUMMER!

- Team Up for St Jude Fundraising Letters: Bring at least 5 letters to camp and receive a collectible Team Up pin! Ask your Rep how to get them before 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 (University locations): Toiletries such as toothbrush, toothpaste, face wash, shampoo and deodorant. Also bring bed linens (extra-long sheets, pillows, blankets, towels), a fan and shower shoes.
- Uniforms (may be worn during evaluations if desired but are not required).
- Crazy night! This year we're going for gold with an Olympic theme! Summer Olympics are here, so come dressed as your favorite part of the games. Are you representing the USA? Do you have a team of gymnasts or swimmers? Get creative and have fun!
- Please bring fabric markers to decorate your team flag for a fun teambuilding activity!
- A copy of your home routine music on a CD and/or in mp3 format to be played on a smartphone. Please bring a backup CD. You may also bring a CD player/soundsystem to practice camp routines.
- Water 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 (Tylenol, aspirin, etc.). Varsity is not allowed to administer any kind of medication at camp. Most camps have first aid personnel on duty.
- Optional decorating supplies for spirit sticks and dorms. Please check with your State Director on dorm rules regarding decorating.
- **NOTE: If your team is commuting to 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 at some locations.