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Band Camp Packing Checklist

Everything that actually gets used — tick it off the night before.

☐ Cooling towel

☐ Athletic shoes

☐ Insulated water bottle

☐ Extra socks

☐ Portable charger

☐ Rain poncho

☐ Neck fan

☐ Hair ties

☐ Sunscreen

☐ First aid kit

☐ SPF lip balm

☐ Instrument

☐ Lunch

☐ Music

☐ Electrolytes

☐ Phone charged

Four things worth knowing

- **Reapply sunscreen every two hours.** One morning application does not survive a full day on the field.
- **Never send brand new shoes to camp.** Break them in at home first, or week one is blisters.
- **Fill the water bottle with ice before you leave.** It buys hours of genuinely cold water.
- **Put blister pads in the first aid kit.** It is the item parents forget and students need most.

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Full packing list with product picks & why each one matters