



## What to Bring to UCA Camp

### Per Squad

- SPIRIT RAISING PROPS
  - Poms, Signs, Megs & Flags
- OUTFITS FOR SPIRIT NIGHT!
  - Teams are encouraged to dress up for this summer's theme – *The Golden Era!* At this year's Spirit Night, your team will go on a journey through the past, present, and future and dress for the era your team is in. Some theme night outfit examples could include- decades, popular eras like "I'm in my...fitness, fashion, spooky era.
- COMPLETED LIABILITY RELEASE FORMS ON MYVARSITY
  - For each person, this includes Advisors, Chaperones & Coaches. Waivers need to be uploaded to myVarsity prior to camp - be prepared to show completed waivers at registration!
- CHEER ATTIRE
  - T-shirts, shorts, cheer shoes, briefs, sports bras, socks and ribbon. Most teams wear matching outfits although it is not required. Contact your Varsity Spirit Fashion Rep for camp wear today!
- TEAM UP FOR ST. JUDE LETTERS
  - Pre-order your fundraising letters at [stjude.org/varsity](http://stjude.org/varsity) or have each team member bring two addresses to complete them at camp!
- UNIFORMS
  - May be worn during Evaluations & Final Day if desired but are not required.

### Per Participant

- BED LINENS - SHEETS, BLANKETS, PILLOWS
- MEDICATIONS
  - Most camps have First Aid personnel on duty; however, it is recommended that each squad brings sunscreen, lip balm, bandage or tape, medications for muscle soreness or headaches. Varsity Spirit is not allowed to administer any medication at camp.
- NOTEBOOK & PEN
  - Bring daily to all classes.
- RAIN COAT &/OR UMBRELLA
- SNACKS
- SPENDING MONEY OPTIONAL (Check with your camp location to see if cash or card is accepted)
  - Most cheerleaders bring \$50-\$75 for snacks and merchandise.
- TOILETRIES/ TOWEL