

What do you need to bring to UDA Camp? Traditional Overnight Camps

Prior to camp:

- Be sure to download camp music! You will receive an email 3 days prior to your camp start date with a download code and instructions.
- Team Up for St Jude Fundraising Letters: Pre-order your fundraising letters at stjude.org/varsity or have each team member bring two addresses to complete them at camp! To find out how to complete these forms and to learn more about St Jude go to <http://uda.varsity.com/Camps/St-Jude>.
- 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. You can find the forms at <http://uda.varsity.com/Camps/Required-Forms>.

At camp:

- 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 your team 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 lines (extra-long sheets, pillows, blankets, towels), a fan and shower shoes.
- Uniforms & poms may be worn/used during evaluations if desired but are not required.
- Crazy Night outfit! Show you Friday Night Lights spirit by going all out in your favorite theme. Channel your own schools' student section theme and come dressed to dominate Crazy Night. Some examples are toga night, western, neon night, white out, jersey night, or anything your school would use as a theme for your Friday Night Lights.
- A copy of your home routine music in mp3 format to be played on a smart phone/device. You may need to bring a dongle/headphone adaptor. For more information on home routine music guidelines go to <http://varsity.com/music>.
- Water bottle (for each athlete).
- Spending money (optional). Most participants bring \$50 - \$55 for snacks, apparel, souvenirs, etc.
- Sunscreen, lip balm, 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 forms. 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. You may purchase your meals at some locations.