

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



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/StJude>.
- Completed Medical Release Forms for each person (this includes advisors, chaperones, and coaches) are to be filled out DIGITALLY through My Varsity and you don't have to worry about bringing them to camp with you. This link can be found under your camp registrations on the portal and is specific to your registration number.

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. Game day sings can be used during game day class.
- CAMP THEME – It's Game Time! For **Crazy Night**, dress to represent the sports your team supports— from football and basketball to volleyball, soccer, and everything in between, because dancers know how to show up and support their school when it's GAME TIME.
- A copy of your home routine music in mp3 format to be played on a smart phone/device. You may bring 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.