



# What do you need to bring to UCA camp?

- ☆ **New!** Accessories for Beach Bash Rally!
- ☆ One hula hoop per squad for team building activities
- ☆ Cheer attire (t-shirts, shorts and tennis 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.
- ☆ Uniforms (may be worn during evaluations if desired but are not required).
- ☆ **For UCA Overnight Camps Only:**
  - ★ Toiletries such as a toothbrush and tooth paste, face wash and shampoo. If appropriate, please bring an antiperspirant/deodorant such as Degree Girl®, which provides great 24-hour protection that gets girls through every OMG moment with confidence! For more information on Degree® Girl, visit [www.Facebook.com/DontFretTheSweat](http://www.Facebook.com/DontFretTheSweat).
  - ★ Bed Linens  
(sheets, pillows, blankets, towels)
  - ★ Alarm Clock
  - ★ Shower Shoes
  - ★ Camera (1 per team)
- ☆ Notebook and pen
- ☆ Rain coat and/or umbrella
- ☆ Spending Money (optional). Most participants bring \$50 - \$55 for snacks, soft drinks, t-shirts, souvenirs, etc.
- ☆ Music for options Home Dance or Fight Song Evaluation (CD, iPod or MP3). You may also bring a CD player to practice camp routines.
- ☆ Most camps have First Aid personnel on duty; however, we suggest that each squad brings 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.
- ☆ **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.
- ☆ **NOTE: If your team is commuting to an Overnight 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 from the cafeteria at **some** locations.