

## What do you need to bring to UCA camp?

- **NEW!** Accessories for the Flashback Retro Rally! Dress in your favorite decade, 50's, 60's, 70's, 80's!
- Yarn for Team Unity Ceremony
- Spirit Raising Props (if you have these): Poms, Megaphones, Crowd-Leading Signs, Flags (All will be used for Game Day Championships)
- 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.
- An alarm clock
- Notebook and pen
- Rain coat and/or umbrella
- Bed linens (sheets, blankets, pillows, and towels) if staying overnight
- Spending Money (optional). Most participants bring \$50 - \$55 for snacks, soft drinks, t-shirts, souvenirs, etc.
- **NEW!** Music for optional Home Dance or Fight Song Evaluation **MUST** be on an IPOD or a MP3 player. You may also bring a CD player to practice other 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.
- **If commuting to an Overnight Camp (instruction only):** Meals are **NOT** provided for participants that are not **residing** at the camp. Be sure to bring your meals or money for meals. You may purchase your meals from the cafeteria at **some** locations.