

# ALL CITY BAND ESSENTIALS

## **PRACTICE / REHEARSAL GEAR:**

1. Clean plain white T-Shirt or All City T-Shirt, have an extra one in case you sweat.
2. Shorts or comfortable, stretchy long pants for high step marching.
3. Layers: be ready to add / remove sweaters, jackets, gloves, scarf, hat.
4. Hat or cap for sun protection.
5. Sunscreen
6. Shoes: sturdy walking/running style, or marching shoes, **NO VANS OR CONVERSE** (lacks support). Must protect and care for your feet. Invest in good insoles for comfort.
7. Comfortable socks

## **WHAT TO BRING:**

1. Refillable water bottle (large): label it, **NO SHARING**, especially needed for Dodger Stadium.
2. Lunch: light sandwich, fruit (apples for blood sugar, bananas for muscle cramps), etc. Choose food for energy, not to fill an appetite.
3. Hand wipes (keep hands clean, wipe down surfaces/surroundings, clean face from sweat)
4. Flushable hand wipes also helps if needed at Dodger Stadium rehearsals and porta potty situations. (Can keep a few in a plastic baggie and hide in shako at events).
5. Towel for instrument and self
6. Backpack or duffle bag to keep your belongings. Make sure to label everything.
7. **A MASK**
8. Thin music binder with all music in plastic pages and a PENCIL.
9. Music: Warm ups, Shakedown, Level Up, Get Loud, Spanish, Patriotic (handed out at first two rehearsals).
10. Small bottle of deodorant, Febreze, or disinfectant spray.
11. **DO NOT BRING VALUABLES** to rehearsals/performances
12. **INSTRUMENT**: don't forget to take instrument home for the winter break.
13. Bring a great attitude and be ready to work!

## **PERFORMANCE GEAR:**

1. White All City shirt or plain white T-Shirt
2. Black pants. Ex: Golf pants look nice, are stretchy and can be found on Amazon.
3. **LONG** white socks (you provide) and white gloves (provided, lost pairs are extra)
4. White marching shoes (should have been pre ordered as part of your band membership)
5. Magic Eraser to clean shoes (dirt or scuffs)
6. No jewelry or piercings (must remove or cover)
7. Haircuts, face shaven, long hair pinned back in a ponytail bun (no hair should touch uniform collar), trimmed, neutral colored fingernails for non glove wearing members

## **UNIFORM MAINTENANCE:**

1. Air out your uniform between performances. Open jackets outside of uniform bags.
2. **HEM PANTS**: pants should fall straight and not in excess at the shoe. Use the line on the side of your pants as a guide. Hem the excess. **DO NOT CUT**.
3. **HEM SLEEVES**: check length **DO NOT CUT**
4. Keep uniforms on hanger: make sure pants are folded onto hanger with pleats on left and right of hanger. Button jacket and keep plastic cover over unless uniform is damp. Allow to air dry only.
5. Keep shako and sash with uniform and bring to every performance.
6. Make sure shako chin straps work.
7. Hold onto any loose buttons
8. **SEE UNIFORM CREW FOR ANY PROBLEMS WITH UNIFORMS**
9. Keep a few safety pins, hair pins just in case of an emergency.
10. Keep shoes clean with magic erasers.
11. Look great to feel great.