

# *2006 Tour Survival Guide*

Touring is a tremendous challenge. It will not always go as planned, it will be exhausting and it will involve hardship and frustration. Mistakes will be made - some yours, most not, and there will be days you'll wonder what in the world you were thinking when you decided to get into this.

It will also be one of the most profound, important and exciting experiences of your life.

Our goal is to operate our tour in such a way that you can concentrate on what you do best - performing. We pride ourselves on the quality and efficiency of our tour operation, and we expect you to contribute to its continued success.

Please read this guide over - *carefully* - with your parents - so we all start together. Advance preparation and planning on your part is important.

This information is given as *expectations, not suggestions*. It will also set you up for success. Our tour operation only works when everyone does his or her share - *reliably and enthusiastically*.

If you have any questions or suggestions, talk to us. Our road operation is a work in progress and improvements are made every year. Some of our best ideas come from members, parents, volunteers and staff.

Above all, be flexible, have a great sense of humor (*especially when it's not funny*), be positive, be creative and do your part (plus just a little more). It is important we can count on you, just as you need to be able to count on everyone else.

Have a great summer, and before you leave, make sure you give your parents a big hug and thank you for making this opportunity possible for you. Welcome to the 2006 Colts and welcome to tour!

Sincerely,

Greg Orwoll  
Executive Director

P.S. Parents, we still need tour help on several important segments! *Please help, or find someone who can!* Touring is not convenient for anyone, but fortunately, enough parents make it a priority to allow us to do this successfully.

We also need your help for Music on the March on Friday, July 7 in Dubuque. Please make it a point to get here if you can.

# OVERVIEW AND INTRODUCTION

No matter what, always remember two things:

1. *THIS IS NOT SUPPOSED TO BE EASY!*
2. *YOU DECIDED TO DO THIS!*

## Overall guidelines

### **We operate with just two simple rules:**

1. You will not break the law
2. You will not embarrass the organization.

That pretty well covers it.

A good rule of thumb is to think about it, then think about it again. If you're still not sure it's a good idea, *it isn't!*

### Important contact information and phone numbers

- Colts e-mail [colts@colts.org](mailto:colts@colts.org)
- Colts website [www.colts.org](http://www.colts.org)
- Colts office phone 563-582-4872
- Colts office fax 563-582-7317
- Tour operations cell 563-503-0817
- Kitchen truck cell 563-503-5866
- Greg Orwoll cell 563-564-9156
- Vicki Schaffer cell 563-564-9016
- Frank Pierce cell 563-564-1526

### Key people to know

- Greg Orwoll, Executive Director
- Vicki Schaffer, Youth Programs Director
- Jeff MacFarlane, Controller
- Carla Burgess-Tomsa, Staff Coordinator
- Ed Medina, Tour Operations Manager
- Mike Farmer, Second Season Tour Director
- Frank Pierce, Equipment truck
- Bob DeSchipper, Kitchen truck
- Mary DeSchipper, Souvies and corps grandma
- Mike Lang, Lead bus driver
- Harrison Rowland, Souvenirs
- Jake Rios, Operations Support

TO REACH US: Call the office first, and leave a message if you don't get an answer right away. The office is staffed most all the time, but we often have more phone calls than ears. We will be in touch.

### OUR PHILOSOPHY AND EXPECTATION:

There is a big difference between a problem and an inconvenience. Your success on tour, and throughout your life for that matter, will be contingent upon your absolutely knowing the difference!

Most issues in life are only inconveniences, and some people will be learning this very important lesson for the first time this summer, and it can be rough.

Take a positive and can-do attitude into every situation in a way that leads to a resolution. There will be many, many challenges. How you handle them will make all the difference to both you and to us.

The adults will not be looking over your shoulder and supervising you because we assume (and we operate with the assumption) that you are a professional, motivated, responsible and success-bound person. If you aren't yet, learn to be quickly or you are not going to have a good time this summer. Nor are we.

Tour is operated and directed to a large extent by the members, with direction from staff. Peer leadership is a critical ingredient and one that also provides opportunity for growth for our members.

If you have problems, suggestions or gripes, they should be discussed with the people who are responsible for tour operations.

Problems can be solved and ideas implemented, but only if information is shared with people who can do something about it. If you are aware of a problem, it is your responsibility to help get it solved by communicating with the appropriate people.

Inversely, discussing problems or gripes with people who are not able to do anything to solve it is called bitching. We don't do that.

We have a very positive reputation in the activity, and it is very important to us. Please do your part.

# Other Absolutes

Any intentional misuse or abuse of property or stealing or exchanging of equipment or property will not be tolerated. A member may be dismissed and legal remedies may be pursued. This includes any item, no matter how "insignificant," belonging to another member, another corps or a housing site.

You will be neat and organized in all areas you occupy, including schools and buses. We leave a school cleaner than when we arrived and are known as a corps that can be trusted in housing sites.

**School Computers:** The one complaint we *have* received is in regards to school computers. You know, and we know, that logging in and checking your email is not a problem, and that it isn't a big deal. After all, you know what you're doing. True. And wrong! What would your reaction be if someone you did not invite, came into your room and used your computer without your permission? Exactly the point.

*UNLESS YOU HAVE BEEN GIVEN SPECIFIC PERMISSION, **YOU SHALL NEVER LOG ON, TOUCH OR EVEN COVET A SCHOOL COMPUTER, NO MATTER HOW HARMLESS IT SEEMS TO BE!***

**Your Location:** You may not leave a housing site or a show site without checking with the designated in-charge person.

We do not go around the corner to the McDonalds or Dairy Queen no matter good the grease smells. Eat with the corps at every meal.

**Injury, illness and what to do:** If you are sick or injured, report to either your lead instructor at the time, or to the kitchen truck. We will take care of you. Doctor runs, if needed, are usually done during or right after breakfast, or any time, of course, in an emergency. If you are sick or injured, you may need to take time off to recover. If so, do it! June heroes become August holes.

Your participation in any performance is at the discretion of the Executive Director or his designee.

To perform, you must have participated in the full ensemble rehearsal and the run through. Changes will have been made, and you will kill or maim yourself or someone you love without that rehearsal time.

If you do not perform in a show, you will stay on the bus. This is not punitive; it is to allow you the rest and recovery you need to get back quickly.

If an injury or illness keeps you out for three days, we will talk with you about going home. Tour is not the place to recover from significant injury or illness.

**The Equipment Truck** is our lifeline, and this is how we do it. If everyone does things a little differently, it will not work efficiently, if at all. Things and people can get hurt on the truck. Be careful.

- ❑ Safety is key. There is a 5-foot drop off from the front door to the ground. You can be badly hurt if you are not careful.
- ❑ The folding side door steps are very dangerous unless they are set up perfectly. Do not set them up unless you have been trained!
- ❑ EVERY piece of equipment has an EXACT place. Each time. Even if it is a little inconvenient.
- ❑ Members sometimes practice right up to the departure time. That's fine; however, the truck will be shut and locked prior to departure. It's a long ride with your drum on your lap.
- ❑ Hang your uniform in its place. There will be no uniforms or uniform parts in the bays or tucked behind your equipment.
- ❑ The handles on the semi doors must be folded in and latched to the door when the doors are open. If they are not, and the wind catches the door, the pointed handles will punch big holes in the truck or worse, in a person.
- ❑ Locks are hung through the handle, not laid in the bay, on the ground or in your pocket.
- ❑ No garbage, no matter how insignificant, is left anywhere on the truck. We do not tour with a 48-foot garbage truck. If you see garbage on the truck, throw it away. It is amazing how trash tends to invite more trash to come to the truck to play with it and keep it company.

**Buses - your home on wheels**

Your bus seat will be the closest thing you have to space of your own. Aside from getting along with your seat partner, there are things that make living with 46 of your "closest" friends a little easier.

Respect each other's space and stuff. Pretend your neighbor's seat and the rack space above the seat is his/her personal bedroom and you'll get along fine.

Be certain your stuff does not take up a selfish amount of space. Measure in your mind's eye the total space available on the bus and divide by 47. That is your space.

Get off the bus only when instructed to do so. Important information is shared each time we stop, before you get off the bus.

Each bus has captains who get off the bus upon arrival and scout out the school for you. They will come back onto the bus to tell you where to go and any other important information.

Bus captains also assign and coordinate daily bus cleaning and are responsible for keeping an accurate seating chart.

You must sit in your seat each time we pull out and **IT IS YOUR RESPONSIBILITY TO MAKE SURE YOUR ASSIGNED SEAT PARTNER IS ON THE BUS!**

You may change seats within your bus with the approval of your bus captain and your new seat partner. You may change buses only if you have the permission of both bus captains, both bus drivers and your new seat partner. A seating chart is kept and must be accurate.

You will never ride in any vehicle except your assigned bus when we pull out, for any reason. ***Ever.***

**Bus seat assignments:** Bus seats are selected at the end of Cornfield Tour. Line up a seat partner in advance. The most veteran members select their seats first, provided they have turned in all necessary paperwork.

Seat selection is the only time seniority is formally important in the Colts. (Any Colt Cadet membership counts as 1 year of seniority)

**Sleeping on the bus:**

***Bus sleep is critical for survival!***

Good idea: Bring a pillow and blanket for the bus. Nights get chilly. Members may sleep on the floor, but never in the racks.

If you sleep on the floor, you assume the risk of being stepped on. You must get up off the floor each time we stop. At no time will walking on armrests be tolerated, so you have to get up and out of the way.

**Other bus things:**

We have 3 member buses: TWIT, BUTT PARTY and MIKE. Each has its own legacy and culture. Ask a vet which one will best fit your style. They are VERY distinct communities. The staff bus is another conversation entirely.

Smoking is not permitted on any Colts bus.

Restrooms are not used except in a dire emergency and they are not to be used for storage or garbage, either. We would rather pull over for you than have you use the rest room. If you have to use it, do so, of course. Just be certain to notify your driver.

The synergistic outcome of chemicals, the variable of summer heat, a stuffy bus, stale holding tanks and your bodily contribution is not a good thing. If you don't notify your driver, this distinct and unpleasant awakening will be the only way he/she will know. The "barn door after the horse got out" approach to odor control is not the way to do it.

**Special note for percussionists:** Drumheads and practice pads are all designed to be hit with sticks. Hitting them is a good thing. However, bus seats and arms, windows, other people, gym floors, table tops/sides/legs and the like are not. Hitting them is a bad thing. If you want to drum on your own body parts, that is a personal matter.

Lights out will generally be 45 to 60 minutes after departure. Once in a while, we stay up for movies or special bus celebrations. These later evenings will be the same night on all buses.

Each bus has a video system. You may want to bring a couple of VCR videos to share. If you bring videos, use good judgment. What is entertaining to you can be offensive or inappropriate for someone else. Believe it or not, there are good movies in which the actors and actresses actually keep their clothes on.

### **The role of adults on the bus**

The adults who may ride your bus are there to get to the next city just like you, but they serve important roles in the event of illness or injury and should be treated as a welcome guest. Members are responsible for their own behavior on the bus, but the adults do have the authority to intervene if needed. If a situation ever arises that an adult needs to step in, it will likely be time for a new bus captain and perhaps new bus assignments.

### **Travel Stops**

While traveling, we stop about every four hours for bathroom breaks, driver stretches and gas. You may get off to use the restrooms at these stops. Do your "business" and get back on the bus. Don't be the one we have to wait for. Most stops will only last 20 to 30 minutes.

Unless you have been specifically told that you *MAY* buy things at these truck stops, refrain from doing so. It is rare we will shop at fuel stops. We cannot travel efficiently if we are buying candy and chips 135 times, and most items are overpriced at truck stops anyway. Water and restroom only. Volunteers and staff may buy things at stops because we can get this number checked out in the time we have. We know; it's not fair.

### **Your belongings on and off the bus**

The Colts are not responsible for lost, stolen or damaged belongings of any member or staff member. We do not always control public access to our areas, especially in housing sites and we can be (and have been) stolen from.

**BRING NOTHING YOU CAN'T AFFORD TO LOSE!**

*Good idea:* Seat back pockets. Check with a returning member for details on this. They're made from a towel with pockets sewn in. They hook to the headrest in front of you and hang down the back. An elastic band holds it tight against the seat back.

Anything you don't take into the school is to be left on the bus seat. The floor and the racks must be empty for daily cleaning. If you forget to put something on your seat, you will find it in the parking lot next to your bus.

### **Grocery Stops**

Every 7-10 days, we go shopping for toiletries, snacks and other necessities. These are scheduled in advance so you can plan accordingly.

*Good idea:* Do not carry a full summer's worth of any consumables. Plan to buy as you go for all perishable and consumable items.

*Good idea:* Discuss with your seat partner who is bringing what for bus boxes, music, snacks, seat back pockets, headphone jacks and such. You can share.

### **Laundry**

We do laundry every 10-14 days, but plan for a couple of extra days. We use 4-6 laundries simultaneously, dropping a group at each one. The whole process usually takes about four hours, and it becomes a nice break from tour, too.

If you are not sure how to do laundry, check with mom or dad now. Your white shirt will be really cute when it turns pink.

*Good idea:* **DO NOT** bring detergent with you. It spills, it's heavy and it smells. Buy it each time we do laundry. If you end up with extra, leave it at the laundry for the needy.

*FYI:* You may wish to take advantage of our "laundry day underground economy". You can make some cash doing laundry for someone, or you may choose to pay someone to do yours. We have no opinion on rates or quality control, but we thought you'd like to know.

*Good idea:* Carry a trash bag in your suitcase for dirty laundry and fill it as you go. This keeps the

bouquet in check and is very handy to grab and take to the laundry. A 13-gallon extra stretch kitchen garbage bag with pull ties is very good for this. Throw a couple of sheets of Bounce in the bag before you leave to help keep the fragrance in check.

Keep this dirty clothes bag in your suitcase, not loose under the bus.

Good idea: Lots of pictures! Bring a camera, or cameras, but bring one you can afford to lose! Disposable cameras with flash are great and cheap.

There will be a day when you are 40 years old when you will be very thankful you have so many photos, show programs and weird keepsakes of the summer. Trust me, you'll need photos because your kids will not believe you when you say you were once young, beautiful, tanned and hard-bodied. You'll have to prove it. Also, consider keeping a daily journal. That's a big personal regret years later for many people.

### Tour Itineraries

We will prepare three itineraries this summer. #1 will cover June 1-16, #2 June 17 to July 15 and #3 July 15 to August 12.

The itineraries will be mailed to parents prior to departure, and will be posted on the web site. They will be prepared and mailed at the last minute, perhaps even the day we leave, as we invariably have to wait for information from a sponsor or two.

Members get theirs handed to them on the bus.

Put your name on it. Without an itinerary, you will have no idea what day it is or where you are.

The itinerary contains information on housing, phone numbers, show information, departure and arrival times, mail drops, free days, laundry days, grocery stops and additional information as needed.

### Packing for tour

Limited bus space requires careful planning on your part, but in the long run you will appreciate your efficiency. Everything you bring on tour must fit into one carry on bag, one suitcase and one sleeping bag roll.

There is a size restrictions on your luggage.

**1) A sleeping bag/pillow/blanket.** Your sleeping bag, when rolled up, must be no bigger than 18" in diameter. Fold it lengthwise, roll it and then measure it. Foam pads or air mats ARE allowed instead of a sleeping bag, but they cannot take up more space than a sleeping bag either while rolled in storage or in use on the floor, and you may not bring an air mattress that requires an electric inflator.

Adults MAY bring whatever cots, pads or air mattresses they would like, but the smaller the better!

Good idea: Bring a sleeping bag that has a waterproof nylon cover. Damp bags are very unpleasant and they take DAYS to dry!

**2) A carry-on bag. REQUIRED!** A gym bag or backpack sized bag is to be with you on the bus. It must fit in the overhead rack, which is much smaller than on an airplane.

*NOTE: THIS SECTION INCLUDES THE SECRET INFORMATION ON HOW YOU CAN AVOID THE BIGGEST SCREW-UP THAT YOU CAN HAVE ON TOUR!*

*HERE'S A HINT...*

***YOUR BUS CAN AND WILL LEAVE WITHOUT YOUR PERSONAL PERMISSION!***

- ❑ You will carry your marching shoes, socks, plume, gauntlets, gloves and all other personal uniform items in your carry on bag AT ALL TIMES, and it WILL also include one full days' worth of clothes, shower supplies and towel.
- ❑ You will take your carry on bag, full of ALL of your uniform parts and one day's worth of clothes off the bus with you EVERY time we enter our housing site. (Yes, this includes marching shoes!)
- ❑ There will be times (sometimes not known in advance) when we will pull into a housing site, shower, dress for the show and leave without ever opening the bays. You must have a day's

worth of clothes and shower supplies and your uniform parts.

- We cannot open and unpack the bays just for you because you forgot to pack a day's worth of clothes and shower supplies and your uniform parts into your carry on that you took with you on the bus and into the school. (It's getting redundant, isn't it!)?
- This carry-on can also hold your Walkman, tapes, books and such, but it **MUST** have all of our uniform parts and one day's worth of clothes and shower supplies.

Good idea: Read this last section again.

Good idea: Have a shoulder strap for your carry on bag so you can carry it, your sleeping bag and suitcase at one time.

#### HINT! (IN CASE YOU MISSED IT)

Your carry on bag is **ALWAYS** taken with you when you get off the bus at a housing site and it will **ALWAYS** contain what you need for a shower, a change of clothes and a show. Buses will sometimes need to go away for fuel or repairs and they will return whenever they return. Yes, even after a show.

The buses are free to, and will, leave without your permission.

**3. Your suitcase.** You can bring one full sized suitcase of a size and weight you care to deal with at 4 A.M., but it can't be motorized. It rides in the bus bay with your sleeping bag, and once loaded, it is not available again until we pull into our next housing site some 400 miles from here and unload.

Your suitcase can have wheels but you must be able to carry it in one hand. Suitcase wheels will never touch any floor in any school, especially a \$30,000 gym floor or a freshly waxed hallway.

Good idea: Your quality of life on tour is directly correlated to how full you pack your suitcase. A suitcase about 75% full is full. If it barely closes before you leave, it will not be fun later. You will pick up souvenirs along the way, and dirty clothes take up surprisingly more space than clean ones.

SIZE LIMIT ON YOUR SUITCASE: You must limit the size of your suitcase. Please do not be the one who is selfish with our limited space.

Since there are many different sizes and shapes of suitcases, we go instead by *GIRTH*, which is length, width and circumference combined.

To figure the girth, measure the length of your suitcase in inches on one side. Next, measure the width of your suitcase across one end. Finally, measure the entire circumference around the middle, at the handle. Add these three numbers. This is the girth. **THE LIMIT for girth is 100 inches.**

Good idea: You can carry more clothes, find them easier and keep them nicer if you roll instead of fold them. And remember, dirty clothes take up much more room than clean ones. Leave some room!

Good idea: Keep your stuff in your carry on or in your bus box. There is a nasty thing in the buses called "tour spread" that is extremely contagious.

Good idea: You need to know that we **DO NOT LOCK THE BUSES** at housing sites or at shows because our drivers' sleep time is more important than our drivers' "opening the bus bays all day" time.

And yes, anything you leave on the bus will be fair game for the neighborhood street urchins who will be happy to browse through the buses and your stuff when no one is around and watching.

***Leave nothing of value to you on the bus!***

Good idea: You should bring **ONE** small plastic box with a lid to hold things you want to leave on the bus. It must fit under your seat (about 10" high).

Good idea: When it is raining, grab **ANY** suitcase and **ANY** sleeping bag and take it in with you to where it's dry. When everyone does this, no one's stuff gets wet.

**A QUIZ:** To check if you are planning to bring enough stuff, pack everything you plan to take into

your suitcase and carry on and grab your sleeping bag. Have mom or dad stash them in hidden and dark places around your basement (for realism, something must stuck behind the furnace). Go to bed.

Have mom or dad wake you from your sound and peaceful slumber around 3 a.m. and proceed, tired and grumpy, to the dark, cold basement. Don't turn on the lights! Parking lots don't have light!

Next, dig out all your luggage (and remember, the your pieces will NEVER end up next to each other in a parking lot, so don't cheat!) Carry all three items at the same time, up the stairs, out the front door and across the yard or around the house, for at least 150 feet. (Oh, by the way, you can't go to the bathroom until you carry it all the way!)

For an even more realistic test of your plans, have someone spray water in a cold, light mist on you and your belongings while you walk the 150 feet.

Using this quiz, you will know immediately if you are planning to take enough stuff.

Good idea: Bring your sleeping bag, carry-on and suitcase with you on your first and only trip into the school. If you don't several unpleasant things can happen:

- ❑ Your stuff can get re-loaded onto another bus, thereby becoming "stolen"
- ❑ It can be left outside the bus when you accidentally fall asleep before you return. Neighborhood kids will then stage an auction, with you as the donor and the "hood" as the benefactor
- ❑ The buses sometimes unload in one place but move to another to park, taking your now missing ("stolen") suitcase, sleeping bag or carry on along
- ❑ You get 10 minutes less sleep
- ❑ If you leave things on the bus until a second trip, your bus driver has to spend extra time before going to sleep/fueling/getting the bus fixed/parking
- ❑ Do not ever leave your suitcase in the bus bay at a housing site. You brought it, you carry it!

Good idea: Always think of the whole first. What is best for the greatest number of people is best, even if it may not be for you personally. Don't be one of the few we have to teach this lesson to, nor be one others have to cover for.

## What to bring

- ❑ Comfortable athletic clothes, enough to last you 12-16 days. Some days you will end up changing clothes during the day.
- ❑ Your clothes must be comfortable in hot, humid and hard rehearsals - light colored, loose shirts and pants/shorts/sweats, low cut tennis shoes, a hat or bandanna. No high tops!
- ❑ Sweatshirts, sweats and a blanket for the bus. It gets cool at night.
- ❑ One nice outfit for free days.
- ❑ Two fluffy towels and plastic bags for storage of wet towels.
- ❑ Use discretion in what you plan to wear. At any given time there is a possibility of media coverage, often when we least expect it. How would that cute, but offensive, tee shirt look when the photo runs in the newspaper or there is a shot of you on the television news?
- ❑ Shower supplies - soap, shampoo, toothbrush, razors, towels, and such. In a small, separate toiletry bag to take to the showers.
- ❑ Restock consumables as you go through tour. The less, the lighter, the better for all of it!
- ❑ Mosquito repellent and sunscreen (factor 15 or better).
- ❑ A water jug for rehearsal and on the bus, approximately 2-quart size.
- ❑ A hat that fully covers your head. (ball caps work well)
- ❑ Sunglasses
- ❑ Swimsuit (we may get a chance or two)
- ❑ Sweatshirt and sweatpants, and consider waterproof ones. We will practice in the rain sometimes.

## What not to bring

- A computer or DVD player of any kind. They will disappear and they will take up valuable room. To keep track of email, have your parents or a

trusted friend check your accounts and mail copies of your messages to you at the mail drops.

- Ice chests or coolers. It may fit under your seat, but then where would you put your bus box?
- Alcohol or drugs. Prescription or over-the-counter medications may be carried with you, but you must indicate that you are using them on your medical form. If you begin taking medications, you must update your medical form.
- Boom box stereo. Your small, inexpensive CD/tape player/radio must have headphones. Believe it or not, not everyone likes your music and dueling speakers are not enjoyable for anyone.
- CD players, cassette players and tapes or CD's are the most likely to disappear from the bus or housing sites. Do not bring your entire collection! Bring only what you can tolerate losing.

Good idea: Your name written indelibly on everything you bring, especially things that are the same as the other 134.

### Money you need

The amount of money you need for personal spending is entirely up to you and your needs and habits. Members have spent less than \$100 all summer and others have spent that much in a week. A good rule of thumb is \$3-5 a day, plus more if you are an avid souvenir shopper.

There are a few things for which you definitely need cash: laundry (\$10 a time), free days, grocery stops for toiletries, snacks and supplies, and probably some souvenirs. You will need meal money only for free days.

We suggest you carry a limited amount of cash and carry traveler's checks, a credit card, an ATM/cash card or personal checks in reserve. Our souvenir stand will cash personal checks. If you plan to use a check, have it made out to you, not the Colts.

**DO NOT**, under any circumstances, wire money! This involves having to locate a usually well-hidden business in a city we don't know, and having to pull out a staff member and your member to drive around to find it. This ties up both a vehicle and these people for as many as several hours to retrieve the money

order. Mail a check instead! If you have a money emergency, call us and we will arrange things for you.

ATM debit cards are good, but some areas of the country may not be on your bank's network, and fees can add up. Keep your PIN separate from your card!

Good idea: Budget your money from mail drop to mail drop. Have a check or your pre-purchased travelers checks sent to each drop. This method gives parents a better idea of what's happening too.

### Phones On Tour

Calling cards, prepaid phone cards and call home 800 numbers are good, and we do allow cell phones. Beware of ROAMING CHARGES! Your "\$29 plan" can easily become hundreds of dollars if you are not careful. And please don't leave your charger in the school when we leave and do not go where we are not supposed to be in a school to plug in your charger!

**EMERGENCY COMMUNICATION:** Your itinerary will list phone numbers for our housing sites and show sponsors. It sometimes lists the police numbers too.

If you use a listed emergency number, be sure it is a true emergency. You'll know when it is an emergency, and then by all means use them.

### Message Board System

The day's schedule and important information is posted on a message board on the kitchen truck each day. It is your responsibility to check it carefully every meal. Information can and will change during the day. You are responsible for the information that is posted on the board

### Mail Service

There is an outgoing mailbox on the kitchen truck, with stamps and envelopes you can purchase on the honor system. Outgoing mail is dropped most every day, and we arrange for incoming mail to mail drops every seven to ten days while on tour.

Round up a couple of hometown friends to write, too. It's a real boost and parents, be certain you send something every mail drop!

Most members get something, and it's tough being the only one that doesn't. Believe it or not, your kid will miss you. Bus snacks, a 'miss you' letter, a card, a favorite teddy bear, or of course, a little extra spending money are all appreciated.

DO NOT ever send anything via UPS, Federal Express, or any other carrier except the US POSTAL SERVICE.

It amazes us how many people try to use UPS or FED EX to a Post Office Box. They won't deliver it! USE THE U.S. POSTAL SERVICE ONLY!!!

Mail in plenty of time!

Express mail (overnight delivery) for last minute items is USUALLY reliable, but do not count on "Priority Mail" to save any time at all! Also, Express Mail is traceable. Worst case, the postal service will forward late mail to our next mail drop automatically.

Do not send anything directly to our housing site. The school secretary will think it's a new textbook, and dutifully put it in the school warehouse for the fall, or we may have our housing site changed when we arrive.

### Mail Drops for the summer

Mail **must** be addressed **exactly** as:

HOLD FOR COLTS DRUM & BUGLE CORPS  
(MEMBER NAME)  
GENERAL DELIVERY  
CITY, STATE, ZIP CODE (this is different each drop)

We will publish the exact mail drops on the itineraries.

June 1 to June 16      Dubuque, IA      52001

### Dehydration and Nutrition

The level of physical duress your body will be under is unlike anything most of you have EVER had before.

Trust us on all of this. It's critical to your health and success.

Dehydration can be a big problem on tour if you don't take care of yourself and pay attention to your body. You will need much more fluid than normal and you will satisfy your thirst craving long before you have actually replaced the fluids you have lost.

Drink more water than you are feeling thirsty for. We take many quick gulps and go breaks during rehearsal so a personal water jug is required. Put your name on it!

It is imperative you drink a large volume of water before exercise. Your body will use 8-16 ounces of water every 30 minutes at the level of exertion at which we operate.

If you begin to get a headache, you are probably becoming dehydrated and you must immediately replace fluids. Dehydration occurs because you did not drink enough fluids before exertion. Also, watch to see if your urine is becoming darker than normal; if it is, you are heading toward trouble with dehydration and infections.

If you begin to experience discomfort in the rest room, tell us RIGHT AWAY. Bladder infections can end a season and they are quite common on tour!

Carbonation and caffeine exponentially worsen dehydration, so they are not allowed on tour except for a few hours at night after a show. This is a real shock to the system for you Mountain Dew and coffee addicts, but it really makes a difference. Water and juice are the things we drink.

Food controls dehydration, too. Our meals are planned for summer exertion. Even if you don't think you are hungry, you are. Eat every meal and eat as much as you like. Your caloric intake must be increased substantially in the summer to keep up with the energy you are using.

We do not and you will not use salt tablets.

### Meal Etiquette

Your volunteer kitchen crew we will prepare and serve over 40,000 meals for you this summer. It is hard, demanding and exhausting work.

These amazing parents who travel with us will do just about anything for a thank you once in a while.

- Use only one cup per meal. You may refill as many times as you like.
- Save your plate for seconds. Seconds are almost always available, but wait until everyone has been through the first time. Please don't hover around the food line waiting. You make people nervous when you do that. There is a flag that is raised on the truck when seconds are available.
- Peanut butter and jelly is served every meal and you may have as many as you like.
- Never stack garbage. If you see a full container, please switch the bags. Remember-"It's all about the trash!" Don't make it "some other person's" problem. It's not. It's yours if you see it.
- Juice is for meals only. Between meals, and for your field jugs, use water only.
- Our truck has spigots on the side of the truck for juice and cold water that pump from refrigerated tanks. Fill your water bottles from the cold water in the morning, and it will stay cool for a long time.
- The parents working on the food truck sometimes begin to go slightly insane, so if the names of the drinks begin to sound a little suspicious, it's still safe to drink. "Bloody Mud", "Brown", "Sweat Stain" and "Road Kill Red" are all very good. Just don't ask.
- You have 45 minutes to get through the line for meals. You may choose to shower and pack first, and you may have duties. Regardless, eat within 45 minutes. The kitchen crew is on a tighter schedule than you are. Respect their time.
- If you have special dietary needs, we will do what we can to accommodate you, within reason. Talk with us in advance to see what can be done.
- There may be times you don't care for something that is served, but try to eat some of everything, especially the entrée and the fruits and vegetables. If you really can't eat what we have, talk to us!

- Menus are selected to give you what you need in terms of nutrition and exertion. If you really can't stand what is served, grab a PB&J or two and some extra veggies and go sit down. Please don't complain and eat what you can. We try hard for variety, too, so we'll try some things you may have not had before. Try it all.
- Your favorite is coming soon. Enjoy what's served as best you can.
- Please sincerely appreciate the work and effort that is being given by your volunteers. Our meal program is one of the best in the activity and we ask you to appreciate it, and appreciate the people who do it for you. A thank you and a compliment go a long way. An unappreciative member does too.
- The kitchen crew has the toughest job of all. Be supportive. If you have a couple minutes, see if they need a hand. It makes a big difference to them.

### Frequently Un-asked Questions

Members may attend Sunday morning church services if we are not traveling. Check in with the tour director to make arrangements. We will make every effort to accommodate, and are usually successful, although sometimes logistics, housing locations or lack of local information interfere.

Sleeping arrangements are separate and distinct areas for male and female. At lights out, you are to be in your respective sleeping bag, on the appropriate side of the gym, having completed your bedtime grooming and good night wishing before lights out.

Discipline problems are rare because members share the same commitment, vision and goals. Most situations that may arise involve operating rules and are handled internally, often by peers.

Although rare (twice in 20 years), illegal activities, activities deemed to be causing a danger to individuals or to the well being of others or the organization may be handled in any way the organization sees fit, including but not limited to assistance from legal authorities and/or immediate termination of membership. In such a rare instance, travel expenses and all logistical issues would be the responsibility of the member or their family. We

would not abandon anyone, of course, but we are not required to make it convenient. We really don't expect or experience these types of problems.

At the same time, we are not naïve, and we know our members represent is a cross section of high school and college age young people, albeit much more motivated and success-bound than "normal" ones.

Regardless, no matter what your habits may be in college or real life, leave it there. If you are tempted to bring illegal drugs on tour with you, consider:

- There are no secrets on tour
- In 41 states, any amount of drug possession on a public school property is an automatic felony that would haunt you *for life*

Would we turn you into local police if we found you in possession? Probably not.

Would we send you home COD, inform your parents and toss you from the activity for life. In about half New York minute! You can count on it.

Just don't. There's too much at stake.

#### **Adults on tour**

The adults who travel with us are there to support you. Whether driving, teaching, cooking, fitting uniforms or helping out in any number of ways, please understand and appreciate that they are working as hard as you are. They are also serving in a supervisory role. We expect you as members to respond to their direction.

#### **Lost and Found**

Commonly referred to as "*Stolen and Found*", after the infamous conversation "someone stole my..." we carry a lost and found container on the truck, and set it out daily. Check there if you are missing something.

Once a week or so, we clean out the lost and found. Unclaimed items are given away, discarded or worn by the staff.

#### **Souvenirs of your summer**

Many members like a keepsake from the summer. That's great, and it's encouraged. Some ideas and guidelines may help:

- Autographs on your member shirt finals week;
- Autographs on a program from a show;
- Autographs on a drumhead. If you wish to do this, keep and use the last head changed at the beginning of finals week. *Do not use the final head of the season.* We need this one to get started next year. Also, please do not use a new head.
- Show flags, practice flags, poles, uniforms, rifles or sabers are not souvenirs. They belong to the corps and are reused or sold.
- All equipment must come home with us on the truck.

We encourage you to support other corps, including purchasing souvenirs from them if you would like. However, do not wear any other corps items while you are with the Colts in any capacity.

#### **Medical and First Aid**

Due to the expense of over the counter medicines we are asking members to provide their own basic medical supplies if possible.

*A suggested medical kit* includes:

Ibuprofen or other anti-inflammatory, band-aids, pepto tablets, cold medicine, cough drops, antibiotic cream, aloe vera, moisturizing cream and Gold Bond. These supplies are also available in our medical kits.

We will err on the side of caution regarding seeking medical attention. An adult will take you for treatment and the cost will be your responsibility.

Be sure you have medical insurance information on your medical form and have a medical insurance card with you on tour.

Some times, insurance will not cover clinic visits or prescriptions on the spot. If cash is needed, we will ask that the member pay it. If they can't, we will pay the bill and will bill the parents. We are not able to file insurance claims for you. Repay the Colts right away and seek reimbursement from your insurance carrier.

IF YOUR INSURANCE CARRIER REQUIRES PRE-AUTHORIZATION, we will commit our best efforts to contact parents and / or your insurance first, but we cannot guarantee that we will, nor will we unreasonably delay treatment while trying to do so.

Parents have given us permission through the medical form permission signatures to use our discretion in this regard. We will do what is best for your member, regardless of insurance rules or potential cost. It makes for great arguments with your insurance company, and we will help you document the reasons the claim should be paid.

### Your Feet

The most common reason for missed rehearsals or performances and in some cases, season-ending disability, is foot problems. Your feet are your life in drum corps. If you injure your feet, there is little chance for healing, even if you take time off.

- Your rehearsal shoes are the most important things you will select for the summer. You will be on your feet more than you ever dreamed, and your shoes must do the job to support and protect. If you need to cut corners on summer supplies, do it on your Walkman and Game Boy, not your excellent athletic shoes, with plenty of support, in exactly the right size and designed for the kind of strain you will put your feet through. You have no idea! Trust us on this!
- You WILL wear shoes any time you are outside for any reason for any length of time. EVEN TWO STEPS OR TWO SECONDS! You will wear shoes when you get off the bus to go into the school, too, no matter how sleepy you are.
- Athlete's foot can be a major problem on tour. Treat it immediately. Bring foot powder with you and use it. Also consider wearing flip-flops in the shower. You never know when the locker room has been cleaned last during the summer.
- Bring plenty of clean socks for rehearsal. Change them frequently, and definitely if they get wet. Always wear socks in rehearsal.
- Keep your toenails trimmed in a straight line across your toe, especially the big toe. Ingrown toenails can take you out from several days to all season. They are also incredibly painful, and are especially difficult to cure on tour. You don't

want to go through the experience of the medical treatment that must be done once you have an infected toe. It's not pretty or pleasant, it's totally avoidable and it can be a major medical problem.

### Uniforms and Professionalism

Once you are issued a uniform, you are responsible for its care. When you are in it, on or off the field, you are performing. With only the highest level of professionalism acceptable in a Colts performance, guide your decisions accordingly.

These guidelines will help you:

- Sit in uniform only when a clean and dry place is available. If you must sit outdoors, sit on your gauntlets with the inside portion facing down.
- Do not ever sit on asphalt, even on gauntlets. The hot asphalt will get on your gauntlets, which will transfer to your uniform, which will rub on your pants, which will spread to your instrument, which will make for a bad day.
- Never run in uniform. You can fall and hurt your uniform and yourself, but more importantly, even the most graceful athlete looks incompetent and unprofessional while running in uniform.
- Full-length plain black socks for uniform wear.
- Brass and percussion will be issued two member shirts to be worn under the uniform. You may want to purchase an extra one or two as well. Color guard will receive one member shirt to be worn on special performance occasions. All are yours to keep of course.
- Our pants fit closely, and cheap seams do show through. Underall lines are not rewarded on the score sheets. Bring for under the pants plain, black lycra biking shorts (no stripes or markings!) These are available at discount stores for around \$10. Don't spend a fortune. You will be in public at times while changing, and you don't want to be standing in the parking lot in your boxers or briefs while your public walks by.
- Boxer shorts do not work under the uniform because they get bunched up and show up as rolls and bumps.
- You should bring **black** shoe polish and polish rag (in a re-sealable plastic bag), but you shall NEVER polish your shoes indoors for any reason.

We shall have to draw and quarter you with buses if you do so.

- Brass and percussion players wear member shirts of the current year, prior year, or a plain white tee shirt under the uniform top at all times. Some nights you will be wearing only your uniform pants and the shirt. We NEVER wear a tee shirt under our uniform with any writing on it, other than the current year or prior year member shirt.
- Hair should be worn off the collar and under the hat or in the designated style when in uniform. Pit players do not wear hats during the show, making your hairstyle and color decision even more important. Draw attention to yourself by your talents, not your looks.
- After a performance, we remain in full uniform unless otherwise instructed. We do not wear the shako and plume after a performance.
- There is no eating in uniform except in rare instances where you will be instructed to do so.
- We drink only water while in uniform.
- Smoking is not permitted in uniform.
- While in uniform (and while in public with or without your uniform) only the language of proper ladies and gentlemen is expected.
- Things happen to get legitimately upset about sometimes, but not in uniform or while representing the corps. No matter what has just happened that has created an emotional firestorm in your soul, restrain from emotional outbursts in public. THE COLTS are not having a crisis, YOU are. You are representing all of us when you are in public, whether in or out of uniform.
- Never engage in negative conversation about another corps, your corps or any facet of the drum corps activity while in public, and especially while in uniform. You are a professional performer in the public's eye. Impress, don't disappoint.
- Let your uniform 'breathe' as long as possible before you cover it with your uniform bag.
- Do not carry anything in your uniform bag except your uniform. Everything, including shoes, is in your carry on bag on the bus with you.
- Be aware of your environment at all times.

- Outward displays of affection while in public and especially while in uniform are unacceptable. You are representing each other all the time.
- Brass players wear clean gloves with the uniform. New gloves will be issued approximately every 7 - 10 performances. Wear your performance gloves for performances only, not for practice.
- Brass players wear gloves at all times while playing their horn. If you want more gloves than what we issue, you may buy them at the souvenir stand.

Uniform loading is a big part of the equipment truck loading and unloading puzzle. Be sure to have your uniform where it is supposed to be. In general, uniforms are taken off the truck during lunch of a show day, and placed in the truck immediately following the show and before your snack. Other equipment and people must wait for the uniforms to be loaded before they can complete their tasks.

Clean shoes and uniform parts are your responsibility, but only the Colts clean the uniforms. You may not take your uniform home without permission.

Brass and percussion players will purchase a plume and gauntlets. It is up to you to keep track of them and keep them clean. You will have to buy replacements if you misplace yours or if they become badly soiled. Your name discreetly on them is a very good idea.

These items are yours to keep after the season, and may be reused next year if they are in good shape.

#### Parent Guidelines

Parents, friends, supporters and alumni are welcome to join us at any time on tour. For the benefit of all involved, please follow these guidelines.

Members are under the direct supervision of Colts staff. We ask, unless you witness a dangerous situation, you do not interfere. Talk to us privately about concerns or suggestions you may have. You'll find us to be very responsive. Your input is welcome and needed.

You are welcome to observe rehearsals, but we ask that you understand a certain environment exists and

you should not distract. Close up video taping of your member can be embarrassing and distracting. Please use discretion (and a zoom lens).

A run through of the full show is generally performed 100 minutes before we depart for a show. Plan to get there if you can. It is always amazing to see and hear.

If you are meeting your member after a performance or rehearsal, please wait until we have dismissed from our post-event meeting.

When visiting a housing site, we ask that you not enter the sleeping area. This is "home" to the members. Please meet in the lobby, or even better, at the kitchen truck.

Members appreciate care packages and goodies from mom and dad when you visit and we encourage them, but be selective and aware. Pizza or McDonald's can be great after a performance, but during dinner or before a performance it is not. Please be discreet. Your member feasting on goodies, with nothing to share with friends, is awkward. Go away during snack time and have a family feast!

You may take your member out to a meal or a get away, within limits. Breakfast and lunch are good times to do this, as long as you follow our schedule.

Members may not leave over dinner before a show. There are many tasks to be performed and the pre-show dinner break is very hectic and critical to our performance level.

Members must check out before leaving and they may leave with immediate family members only, unless prior arrangements are made. If you leave, **do not** take uniforms, equipment or luggage with you. **Never** ride in a car with others except immediate adult family at any time on tour, and never ride in any vehicle except a corps vehicle for any corps travel from point to point, especially to a show or a new town, even with parents.

#### **Parents! Bring stuff!**

Parents, when you come to visit on tour, please consider bringing 300 home made cookies or lots of

fresh fruit, at least 6 dozen pieces of fruit, or 25 pounds of things like grapes. It is really appreciated and enjoyed by everyone.

We can use whatever you bring, and of course, you can still visit even if you don't come bearing gifts!

#### **Summer birthdays**

If your member has a summer birthday, let us know if you would like to try to arrange something special. It is not always possible to celebrate with something special on exactly the right day, but we do our best to make it a special recognition for your member.

We cannot provide birthday cake on tour, but we do offer a "Birthday Pizza Party" at some point close to the birthday. We can share a party with several members for \$75 or offer an exclusive one for \$300. It is an appreciated treat for everyone.

Parents may bring birthday cake if you would like. Please bring sheet cakes for 160 people. (2 full size sheet cakes usually are just right). And don't forget the ice cream! 8 gallons.

#### **"Scheduled" volunteers**

We need volunteers to staff the kitchen truck. There are always spots open, even if only for a couple of days you may have available. Please give us a hand! We must make a clear distinction between scheduled volunteers and visitors. We can only allow scheduled volunteers to stay with us or travel on Colts vehicles.

If you are a scheduled volunteer, do not bring a child under 21 who is not a member. If you travel on your own with children, make sure they are cooperative and stay out of the member and staff areas.

If you take a personal vehicle on tour, the Colts assume no risk, including mechanical or liability. Colts insurance covers only vehicles that are owned, leased and operated by us. When traveling with us, please follow the last vehicle and please have a 40 channel CB and antenna. Radio Shack is usually a good source for one.

When traveling as a visitor, plan to pay for your own show tickets, gas and meals. We provide scheduled

volunteers with passes to shows but they are limited and not available for visitors.

We ask that visitors eat with us only after all the kids, staff and scheduled volunteers have eaten. If you are not able to volunteer for the full day, and therefore are a "visitor", a donation of \$4 per meal is suggested.

We encourage visitors any time, including during finals week, but we must insist that only scheduled volunteers stay overnight with us. Please call with any questions or clarification about your status for finals week as it relates to housing.

If you are a scheduled volunteer, driving your own vehicle on tour is a very, very bad idea unless it's a really short trip. You will need to sleep.

Contact Greg to arrange vehicle and other logistics in and out of tour. We can be very creative! If you want to travel with us, we will figure out how to get you there and back!

### **Summer volunteer status**

As of April 6 about 60% of the volunteer positions we hope to have filled for summer are spoken for.

Our tour operation is the envy of many corps because of the support from our parents and volunteers. We still need YOU!

Our web site has a volunteer schedule and lots of information. Please check in and let us know!

Also, the Colts web site has a fun link called "virtual cook truck" with photos and frequent updates from tour, direct from the center of it all - the cook truck. Check in on it once in a while during the summer.

***Check in on our summer tour volunteer schedule at colts.cook@comcast.net***

**Each member is asked to arrange a volunteer on his or her behalf** to work one week of tour on his or her behalf. Not a requirement, but a good way to think about the scale of the number of people it takes to support the members on tour.

Parents, please contact us to give us your schedule. Hearing about your kid's standing ovation is a whole lot different than being a part of it!

Please get out on tour to help the Colts, but more importantly, share this amazing experience with your kid!

You won't regret any part of it.

***Congratulations to you and your entire family on your being an important part of the 2006 edition of the Colts!***

# Tour Survival List: what you'll need and why

(Written by a female vet)

It doesn't seem like that long ago that I was getting ready for my first summer on tour, and I was clueless about what to pack. The Tour Survival Guide gives a lot of tips, but doesn't cover everything. I found myself standing in front of a rack of sports bras trying to decide whether to get the racer-back or spaghetti straps. Should I get the ankle socks, or the no-show socks? Half-gallon water bottle, or full gallon? Therefore, I compiled a detailed list of everything I took on tour with me last two years, revised to leave out things I didn't use or to add things I wish I had. I hope this is helpful to you in your own preparations.

## Basics

- suitcase. I would recommend the largest you can find, but don't feel like you have to spend big bucks on this, just something that'll last a summer. Note: make sure you have one big enough that all your things fit AND you still have extra room, because clothes mysteriously expand on tour.
- carry-on. A large duffel or backpack works well, I used a hiking-style backpack and loved it because it balanced the weight on my shoulders, left my arms free, and was also very durable. Make sure you have EVERYTHING you need for a show and a day of rehearsal in your carry-on, because sometimes they might not open the bays. Better safe than sorry.
- sleeping bag. I had a nice padded one, and it was great. You'll rarely sleep inside your sleeping bag, and I found it more comfortable to fold my sleeping bag into thirds rather than in half so it was some extra padding on the hard floor. I don't have a bag for my sleeping bag, because I think it's a pain in the butt to stuff it in there everyday, however there is a chance it might get a little wet if it's raining outside and so you might decide you want one.
- pillow. This is your choice, but I recommend a pillow with enough support for the flat gym floor along with some give to mold it to your seat on the bus.
- blanket. It gets cold on the bus! Also good for air-conditioned gyms.
- bus box. A plastic container/box with lid, mine measured 10 in. tall and 9 by 14 or close to that. You can keep things to amuse you on the bus rides in here. Magazines, books, food, stationery, journal, CD player...
- shower basket. A nice accessory to hang on your window, holds bottles, your CD player, plume and gauntlets, gloves, and other things that you like to keep handy. Suction cup hooks are nice to hang things from, such as a wet towel.
- seat back cover with pocket. I never had one, but you'll hear about them. If you want to make one, ask another vet about them. Their downfall is that they decrease legroom.
- toiletry bag. Most girls have the kind that unzips and has a hook so that you can hang it up.
- laundry bag. This'll keep the stench from contaminating your good clothes, and makes laundry days easier. I recommend the kind without ventilation holes for the above reason.
- small box of softener sheets. Throw a couple in your laundry bag, and it'll help hide the smell. Plus, you can use them at the Laundromat and save some money. You can buy the little detergent tabs if you want to save 50 cents at the laundry mat, or you can save the room and just buy the detergent there.
- towels. I had bath-towel sized shammies, the kind that swimmers use; swim companies like Speedo usually make them. Not sure how easy they are to find, and they're slightly more expensive, but worth it. They take up little space and dry quickly. I got by with two. (Regular towels are fine too, of course...)
- water bottle. Either a gallon or ½ gallon. The ½ gallon was big enough for me; that's what most people have.
- lunchbox or small bag to take to rehearsal. You can keep your dot book, bug repellent, sunscreen, DCT, kleenex, pencils, and anything else in here that you might want out on the field.

## Toiletries

- toothbrush and paste, face wash, shower things, and anything else along those lines. Bring along regular to big sized bottles, because you'll use a lot.
- face wash wipes. I kept a box of these in my carry-on to use after shows.

- blow drier. Very optional. I didn't have one, but some girls did. It depends on if you want to waste space with it.
- pads/tampons etc. You'll want to take some to have handy, but keep in mind you can get things like that at grocery stops.
- Deodorant! I recommend the gel form as opposed to the stick, because the stick kind melts.
- Gold Bond baby powder. Chaffing hurts!
- Aloe Vera gel for sunburns

#### Medicines

- Neosporin or another antibiotic
- Cortaid for bug bites. There are also pen-sized applicator bottles of anti-itch ointment called After Bite and Skeeter Stick that are very handy, I definitely recommend.
- Aspirin, Tylenol, or another pain-killer
- athlete's foot medicine (I had some just in case)
- Band-Aids
- vitamins. I definitely recommend taking at least a multi-vitamin every day.

#### Clothes

- tennis shoes. Buy whatever is the most comfortable for you. I prefer gray-colored shoes, just because they don't show dirt as fast.
- Flip-flops. Water resistant for showering. Some of the shower floors are kinda gross. (e.g. the dead cockroaches floating around the shower room in Keokuk)
- underwear. I'd say bring around 15 or 16 pairs. With things like this, it doesn't hurt to have a few extras.
- socks. You'll want 16 or so pairs of rehearsal socks, I recommend the ankle sport socks that come just above your shoes. No-show socks don't completely protect your ankles from shoe-rubbing. You can get higher socks, but the higher the sock, the worse-looking the tan lines. Bring a dozen or so show socks, which can double as bus socks. I also had a pair of fleece socks that I wore on the bus. (Cold feet are no fun!)
- bras. You could probably get by with 10 or so, although I had more. One could easily wear them a couple times in between washes, if necessary. Get the cheap sports bras, I like racer-back because you can take the straps down (like a tube-top) during rehearsal and they stay up quite well. Spaghetti straps are nice to mix it up a little, if you are so inclined. Also bikini tops work well. You'll want a couple of bras for shows, so get a color that won't show under white t-shirts, like gray, black, pink, or nude.
- shorts. Same with the bras, around 10 or so. Just bring cheap boxer shorts and exercise shorts. You'll need 4 or 5 pairs of plain black spandex shorts (once again, cheap is good) to wear under your uniform.
- tank tops. You'll want a several of these, they come in handy. Nice to wear after a show or for cal's in the morning.
- t-shirts. I'd say a half-dozen or so of light-colored t-shirts. Nothing fancy. You'll want more if you think you'll wear a t-shirt during rehearsal rather than only a bra. (Most girls wear as little as possible, it's hot, plus we want good tans!) Also, bring about 4 extra plain white t-shirts; these can be worn under our uniforms in place of member shirts, which we get 2 of.
- pants. Bring a couple pairs of exercise pants for cold days and bus-wear.
- long-sleeve shirts and sweatshirts. Same deal as pants, a couple of long-sleeve shirts and a sweatshirt.
- rain gear. We had lots of rain last summer, and it was cold and wet. Rain repellent pants and parka, poncho, or jacket are a plus.
- baseball caps (a couple) and hair bandannas (I liked these a lot, they protect your head without leaving funny tan lines. They also cover up bad hair days, which is everyday on tour!) A rain repellent hat is a good idea for rainy days
- swimsuit. Sometimes we get to swim if we're housed near a pool.
- a couple of outfits for free days. Don't forget things you might need like a regular bra and shoes.

#### Miscellaneous

- Sunscreen. Most people start at 30-45 SPF at the beginning of the summer then decrease the SPF. I had a bottle of 45, 30, and 15, and used different SPF's on different parts of my body (higher on my face and shoulders than on my legs). You'll find what works best for you.
- Bug spray
- sunglasses
- camera (ah the memories!)
- stationery and address book so you know where to send your letters
- DCT or another lip balm with SPF protection
- cell phone. If you have one, go ahead and bring it, there's plenty of places in the gyms to charge them
- Odor-Eaters for shoes
- shoe polish. Kiwi's Shoe Whitener and Heavy Duty Cleaner works great. A travel-sized toothbrush and Q-tips are slick for getting dirt out of the cracks in the shoes. A rag or old socks work well to wipe them off.
- money. My parents made me a checking account, and they put in money throughout the summer for me. The nice thing about a checkbook is that you don't have to worry about carrying around a lot of cash, but if you ever need cash, you can write a check out to the Colts Souvenir Stand and they will exchange it for money. Also, most grocery stops accept checks. A debit card might be another possibility.
- Pocket Packs of Kleenex. Great for on the bus or on the field.
- hand sanitizer is nice after eating sticky candy on the bus
- watch. I got a cheap, water-resistant digital watch to wear, and towards the end of the summer bought a cheap pocket-watch, which I hung from my shoestring/dot book.
- small flashlight. There will be times when we'll stay in gyms with no power, and other times when you have to pee in the middle of the night when the lights in the gym are off. It's no fun tumbling over people and suitcases to try to find the locker room door in the dark!
- dot book. They'll tell you about this, usually a small spiral book of note cards. You'll want a shoestring to tie it around your waist with.
- mechanical pencils. You should have one with you at every rehearsal. Get the kind with the clip, and you can store it inside the spiral of your dot book.

If you're a neat freak like me, here's how I do my suitcase:

Get a box or two of gallon-sized (or the biggest you can find) zip lock bags, particularly the kind with the zipper on top. Roll all of your clothes, and put all of your underwear in one bag, bras in another, socks in another, etc, until they are all organized. You'll probably need more than one bag for socks, shorts, t-shirts, and other large items or items that have a large quantity.

You can then line them up inside your suitcase, zipper up, so that all of the bags are available without having to dig through your suitcase for one item. You can then store other things such as tennis shoes, towels, and your laundry bag on top. I folded my free-day clothes nicely and kept them in a large plastic bag at the bottom of my suitcase.

I hope this covers everything, and that I didn't forget anything. At any rate, I hope it helps explain things a little better.

Have a great summer!