

What do you need to bring to a UCA Resort camp?

(*UCA Resort Camps can be 3 night camps or 2 night camps - some of the information below will change based on the number of days of your specific camp!)

- **Team Up for St Jude:** Bring at least 5 St. Jude fundraising letters completed or 5 addresses to camp and receive a collectable TEAM UP pin!
- **(This is NOT done at 2 night Resort camps) NEW!** Please bring “accessories” for the Homecoming Pep Rally which takes place after dinner on Day 3 of camp! Your team needs to get creative and dress in their favorite HOMECOMING theme. (**examples:** Favorite “Color Out” day - Pink Out, Black Out, White Out, NEON, etc..., OR A 1974 Homecoming Court - as we celebrate “40” years of UCA this summer, OR the Football Team, OR Dress by your Class Year – Fresh=Pink, Soph=Yellow, JR=Red and SR=Blue, etc... or anything your school does for Homecoming Week!)
- **(This is NOT done at 2 night Resort camps) NEW!** A box of kitchen trash bags and a pair of scissors for a surprise competition during the Homecoming Rally!
- **Yarn in your SCHOOL COLORS** for the Team Unity Ceremony and for Homecoming Rally!
- **Spirit Raising Props** (if you have these): Poms, Megaphones, Crowd-Leading Signs, Flags (All will be used for Game Day Championships and Evaluations)
- **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.
- **Music for optional Home Dance Evaluation or Fight Song Evaluation MUST be on an IPOD or a MP3 player.** You may also bring a CD player to practice other routines. **NEW!** Home Dance is “evaluation” only this year. No places will be given out, just evaluations!
- 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 to purchase meals on your own.