

Band Camp/Marching Band Dress Code

From head to toe!

Protect your eyes: sunglasses, hats, and visors

Hair: All hair should be pulled back and away from face. Use elastics and/or bobby pins

Shirts: Moisture wicking shirts/sport shirts keep you cooler and dryer than regular T-shirts.

- Tank tops are permitted – no spaghetti straps/camisole types, no wide open underarm tanks.
- Bra tops or bra tanks are not shirts and should be worn under something.
- Necklines should be full coverage and age appropriate.
- No midriffs should show.



Appropriate:



NOT Appropriate:



Proper Undergarments: Sports bras & compression shorts

- Ladies should be well supported with the type of undergarment they choose to wear.
- Both ladies and gentlemen are strongly encouraged to wear compression shorts under their other athletic shorts.
 - Compression shorts reduce muscle vibration and fatigue - enabling higher performance levels for longer periods.
 - Compression shorts prevent chafing.
 - Compression shorts provide moisture management

Shorts: Students should wear knit or sport material shorts. No jeans, no khakis.

- Short lengths:
 - All shorts worn to camp or any rehearsal must be approaching mid-thigh or longer.
 - Any shorts that may be shorter than the student's mid-thigh **MUST** be worn with mid-thigh or longer compression shorts.
 - Female students should aim toward a "basketball short" fit and **NOT** a "running" short.
 - All students should wear shorts that **FIT** or are little loose and are not too tight.

Appropriate:



NOT Appropriate:



Leggings and yoga type attire

- Leggings or tight yoga type capris/pants should only be worn with shorts OVER THEM or with a long tunic type shirt that fully covers the backside.

Appropriate:



NOT Appropriate:



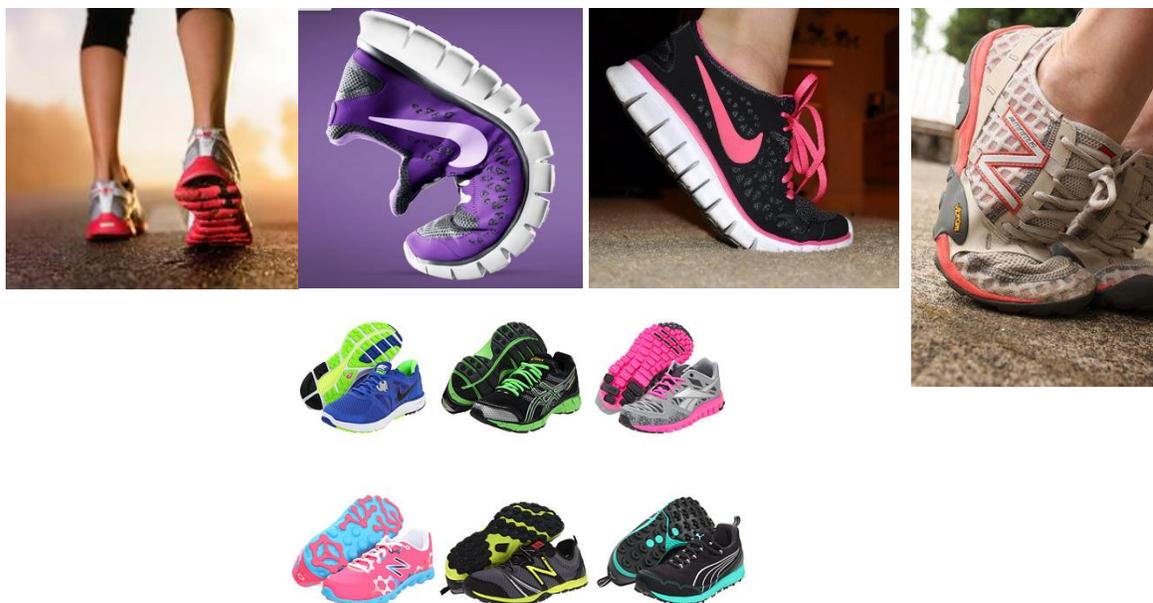
Socks:

- Socks are a MUST to prevent blisters. Now you can find moisture wicking socks!

Athletic Shoes:

- Marching Band shoes MUST be athletic in nature. They should not have a flat bottom/flat sole/flat tread, and should not be a “fashion” sneaker.
 - Athletic shoes are made just for that.....athletic activity.
 - They give the foot, leg, knee, and back proper stability and support.
 - The athletic shoe should be very flexible.
 - No high-tops or any shoe that comes up to or covers the ankle.

Appropriate:



NOT Appropriate:

