

2024 BD H&W RECOMMENDATIONS



MEDICATIONS



Please bring all medications (over the counter and prescribed), sunscreen and bug spray that you'll need on tour with you!

The H&W team will not have any of these items available!

SHOES & INSERTS



TWO pairs of supportive marching shoes
SuperFeet will decrease pain in your feet, ankles, knees, hips and back!



COMPRESSION SOCKS



Compression socks are also recommended to be worn on bus rides and after rehearsal - again, helps with leg and foot pain and benefits circulation.

WATER BOTTLE



You must have a **ONE GALLON** water bottle - filled with water or Gatorade - with you at every rehearsal



HEAD/NECK/EYE PROTECTION



Bandana/buff, sunglasses and at least two hats!
Bandana/buff to soak in cold water to put around your neck in Texas, hat to keep your face from being burnt and sunglasses for eye safety.

ALTITUDE SICKNESS



Symptoms: fatigue, headache, nausea, dizziness, trouble sleeping, loss of appetite

Prevention: **HYDRATION** - water AND electrolytes

Nose bleeds: are prominent when at high altitudes - recommend smearing a very thin coat of aquaphor/vaseline 2 to 3 times a day to the inside of your nose.



HYDRATION



Fluid Requirements for a 3-4 hour block:
1 gallon = 128 fl. Oz. = 100%