



BY VARSITY SPIRIT

What to Bring to UCA Camp

Per Squad

- SPIRIT RAISING PROPS
 - Poms, Signs, Megs & Flags
- OUTFITS FOR SPIRIT NIGHT!
 - Teams are encouraged to dress up for this summer's theme – Your Adventure Starts here! At this year's Spirit Night your team will go on the adventures of a lifetime. Dress up for the adventure you want to get lost in – treasure hunt, safari, underwater, or up in outer space!
- COMPLETED LIABILITY RELEASE FORMS ON MYVARSITY
 - For each person, this includes Advisors, Chaperones & Coaches. Waivers need to be uploaded to myVarsity prior to camp- be prepared to show completed waivers at registration!
- CHEER ATTIRE
 - T-shirts, shorts, cheer shoes, briefs, sports bras, socks and ribbon. Most teams wear matching outfits although it is not required. Contact your Varsity Spirit Fashion Rep for camp wear today!
- TEAMUP FOR ST. JUDE LETTERS
 - Pre-order your fundraising letters at stjude.org/varsity or have each team member bring two addresses to complete them at camp!
- UNIFORMS
 - May be worn during Evaluations & Final Day if desired but are not required.

Per Participant

- BED LINENS- SHEETS, BLANKETS, PILLOWS
- MEDICATIONS
 - Most camps have First Aid personnel on duty; however, it is recommended that each squad brings sunscreen, lip balm, bandage or tape, medications for muscle soreness or headaches. Varsity Spirit is not allowed to administer any medication at camp.
- NOTEBOOK & PEN
 - Bring daily to all classes.
- RAIN COAT &/OR UMBRELLA
- SNACKS
- SPENDING MONEY OPTIONAL (Check with your camp location to see if cash or card is accepted)
 - Most cheerleaders bring \$50-\$75 for snacks and merchandise.
- TOILETRIES/ TOWEL