

# Tips for New Marchers!

**This is a list of quotes from veteran members that share what they wish they knew before their first season of drum corps. This will contain helpful tips that range from mental struggles, physical wellness, and packing!**

1. "Dark or black tennis shoes tend to make your feet feel a lot hotter on the turf. Have at least one pair of lighter colored shoes for those hot rehearsal days."
2. "Rotate your tennis shoes as often as possible."
3. "Keep crocs or sandals clipped to your backpack to let your feet breathe between blocks."
4. "If the uniform requires body tights, I recommend bringing a second pair! This is super helpful anytime one gets dirty or starts tearing."
5. "Wait to buy foundation. Guessing a shade before leaving is an impossible task, there'll likely be a chance to go to walmart on a free day and get a closer match after being in the sun so much! Also know what you're getting, heavy foundations will absolutely sweat off."
6. "Bring two pairs of practice gloves because they will be disgusting."
7. "Bring a fanny pack and sunglasses that FIT WELL because we are constantly jumping around and they will become a distraction."
8. "Elevate your feet 5-10 minutes before bed every night (100% of our reps are physical and full out, so your body will hurt.)"
9. "Get a new bottle or two of sunscreen on every free day. Start the season with at least four if you burn easily."
10. "A frog tog or other cooling towel is great when we're learning drill or standing still in the sun for a long time."
11. "BRING ALLERGY MEDS"
12. "KT tape for any joint pain that might arise."
13. "Don't forget a nail/hygiene kit."
14. "Bring layers. Especially in the Denver area, the mornings can be chilly. Having multiple pairs of sweatpants is a good idea, so you can layer over your smaller clothes."
15. "Packing hack: if you're bringing any earrings or small jewelry, store them in a tiny little tupperware like the ones you use for salad dressing."
16. "Electrolytes! Mio with electrolytes, biosteel, nuun tablets, gatorade (my fav concoction was rainbow biosteel + glacier freeze gatorade pack). Propel is a sugar free electrolyte powder, so it won't make your bottle mold from sugar."

17. "Bring a sizable second bottle (to drink from). I've liked my 32oz nalgene, but just got an owala and will be getting a 40oz for the season. This has been helpful for drinking more water during the season. It's nice to have a separate bottle for any flavored water. I also drink more out of my smaller bottle and refill it with my jug!"
18. "Bring braces/compression socks! There are so many shin splints and general injuries we handle, be prepared!"
19. "Travel foam roller (some made to cover nalgene & hydroflasks – totally perfect for not taking up space). I got a cheap one and it definitely wasn't the best quality (lowkey hurt in a good way lol) so maybe splurge a bit on this. I saw one on tiktok that collapses that I'll be looking into for this season. Any muscle recovery in general is good though (tennis ball, etc.)."
20. "Caffeine! We survived on Mio caffeine, it really gives you the boost you need some days."
21. "Try to be open and get to know as many people as possible. The first summer I marched, I knew most everyone in the corps. The second summer I marched, I talked with mainly my own section. I noticed the first summer was more fun/fulfilling in the social aspect due to the variety of experiences I was able to form by interacting with so many people!"
22. "Assume everyone is your friend, because regardless they'll eventually be one by the end of the summer."
23. "You can never be too prepared (devices, medication, vitamins, equipment, entertainment, snacks, etc... but especially clothes)."
24. "Understand that there will be stressful situations and things that happen along the season, but persevering through those challenges as a TEAM and mentally preparing for that action is paramount."
25. "Having pictures to hang up on my bus window helps me with homesickness."
26. "The best way I've found to deal with the mental difficulties of drum corps is to journal my feelings before block. Even taking 2 minutes to jot down some notes has helped me get into the right headspace for rehearsal."
27. "It's important to remember that we all have hard days. The people around you likely know how you're feeling... don't be scared to reach out to section mates or friends to tell them how you're feeling. I've had so many good conversations because of this."