

# Color Guard Items List

Welcome to the Poway High School Color Guard! Congratulations!!! As with most activities and sports, there are items that you will need to purchase for yourself individually. Most of the items on this list are the best prices and the most durable on the market, so with proper use and care, they should last for your entire color guard career here at Poway. The performance and rehearsal wear items are the most important in terms of getting those items as soon as possible. These are necessary for when we have performances! Items that are required are indicated by an asterisk\* and highlighted.

## Rehearsal Wear

### **Shoes\***

- Athletic shoes (running, training, tennis, etc...)
- This is a physical activity that requires a significant amount of time on your feet. The right shoes not only allow you to perform better, but they also prevent injury! *The leading cause of injury in color guard is improper footwear.*
- Biggest things to look for...closed toe and arch support
- Biggest things to stay away from...flat sole, high top, thin material

### **Black Shirts\***

- During Monday and Thursday night rehearsals, it is required that you wear a black top (t-shirt, long sleeve, v-neck, tank top, etc). Style does not matter, as long as it is a black garment.
- Start stocking up now!

### **Athletic Clothing**

- Acceptable: gym shorts, joggers, sweatpants, soccer pants, leggings, tank tops, t-shirts, sweatshirts, etc...
- Please no jeans!!
- Think...what would you feel comfortable in, all day during summer band camp? What would you wear during cool early morning class and night rehearsals?

## **Performance Wear**

### **Shoes\***

- Buy the tan option in your size.
- <https://www.bandshoppe.com/shop/shoes/guard-shoes/dsi-ever-jazz-guard-shoe-113380/>
- 
- \$35.95

### **Gloves (highly recommended if you are spinning rifle or sabre)**

- Buy your skin tone in your size. Also, team up with your friends to order in bulk to save \$\$\$.
- <https://www.mccormicksnet.com/McCormick-s-Washable-Guard-Glove-p/6009520.htm>
- \$12.99

### **Tights\***

- Buy your skin tone in your size. I would strongly suggest buying 2 sets. THESE ARE VITAL AND GO UNDER YOUR COSTUME!
- <https://bodywrappers.com/collections/tights-girls-womens/products/dance-adjustable-convertible-body-tights-a91-womens>
- \$18.00 x 2

## **Equipment**

(You are not required to buy your own equipment to be on the team. We will always supply you with what you need. However, if you do choose to purchase your own, these are the brands that we use!)

### **Rifle**

- King Kong brand
- 37.5" (inches)
- Black bolt, black strap
- [https://www.designsbyking.com/king\\_kong.php](https://www.designsbyking.com/king_kong.php)

### **Sabre**

- KS2 (King Sabre)
- 39" (inches)
- [https://www.designsbyking.com/sabre\\_detail.php?item=ks2](https://www.designsbyking.com/sabre_detail.php?item=ks2)

### **Flag**

- 6 foot aluminum pole
- \*ask Alex for weights and pole tips!\*
- <https://www.bandshoppe.com/shop/color-guard/color-guard-flags/flag-poles-accessories/aluminum-flag-poles-58102/>

### **Equipment Bag**

- 6 foot bag
- Black
- [https://www.designsbyking.com/equipment\\_bags-detail.php?item=flag](https://www.designsbyking.com/equipment_bags-detail.php?item=flag)

### **Tape**

- Black and white electrical tape
- Easily found at Home Depot, Lowes, online, etc...
- There will always be a supply of tape in the tape box, but I always recommend having one roll of white tape and one roll of black tape with you for quick fixes!

## **Band Camp Packing List**

\*all the things you need to have a successful band camp and rehearsal experience\*

\*\*these are not required, but are highly recommended for your best performance\*\*

- Water Jug/Large Water Bottle
- Sunscreen
- Hat
- Sunglasses
- Sunscreen
- Large Towel (for stretch, yoga, PT, etc...)
- Hair Ties/Headbands
- Tape
- Sunscreen
- Snacks
- Athletic Shoes
- Equipment
- Sunscreen!!!
- Dot books and string(learning more about how to use it during band camp)