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TOP 10 ITEMS TO BRING TO DANCE MARATHON

It's that time of year again. Dance Marathon 2013 is right around the corner, and people are kicking their fundraising sales a notch. We learn so much about Dance Marathon and what it does for Shands Hospital and Children's Miracle Network, but when the actual event rolls around, many first timers don't know what to expect.



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Standing for 26.2 hours can seem like quite the feat when you first walk through the doors of the O'Connell Center. So here are some basic must-have items to bring with you as you experience something you'll never forget.

1. Snacks: It's always good to bring some small snacks to nibble on throughout the event so that you never have to worry about your energy dying down, or if you have certain allergies to

dancing. Many girls like to bring coloring books as well.

6. Homework: It's a great idea to bring any homework you have for the weekend and do it all during DM. They provide tall tables so you can stand, and you won't have to worry about finishing your homework after the event is over when you want to just sleep.

7. Shoe Inserts:

These are good for some people to just feel more comfortable in their tennis shoes. Some people may just like the way the gel feels on their

feet, to help prevent if the back of their shoe usually rubs against their ankles, or if they have flatter soles.

8. Toothbrush and Toothpaste:

This common item might sound weird at first, but it's always good to have this in case you want to feel fresh after a meal or snack. Some might also bring gum or mouthwash.

9. Other personal hygiene

have to worry about your energy dying down, or if you have certain allergies to any food being served at the event.

2. Phone Charger: This one is probably the most common for us college kids, but you are going to be taking a lot of pictures and documenting throughout the event, so your phone dying in the middle of DM wouldn't be ideal.

3. Extra Outfits: It's nice to change into a new, clean outfit after you've been dancing and running around for a few hours. Fresh clothes and a different, comfortable pair of shoes can really help keep you going. Also, having fun and unique clothing items for crazy theme hours is always a plus.

4. Hula Hoops: Hula hoops are a secret weapon to help you relax. With the help of a friend, you can both lean back inside the hoop and basically recline while standing up. Plus, who doesn't love hula hooping? They're perfect for the rave hour!

5. Personal/Small Games: Handheld games like Sudoku and word cross puzzles can entertain you through breaks where you may want to rest from

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9. Other personal hygiene items: Again, depending on the person, these are good just to freshen up after a long round of dancing or eating. These can include face wash, hairbrush and deodorant.

10. Cash: Many times, Dance Marathon merchandise is sold during the event and can only be bought during that time to raise extra money for DM. Keeping some extra cash on you in case you want to purchase some may come in handy.

Those are just some common items that many people bring to Dance Marathon. For people who are experiencing DM for the first time this year, this checklist will make sure you are prepared with everything you need to have fun and stay entertained for 26.2 hours.

It may seem like a long time and just a small list of items, but with learning the line dance, playing all the morale games during theme hours and hearing stories from miracle children, it will go by faster than you could ever imagine. So dance on and FTK!