

First Jam Night Kit

Page 1: what to bring checklist and song call cards. Print, fill in, keep in your gig bag.

1. What to bring checklist

Item	Packed	Item	Packed
Guitar, tuned, with fresh strings		Clip on tuner (and spare battery)	
Two leads (instrument cables)		Spare strings and a string winder	
Picks (several), capo		Strap and strap locks	
Earplugs (musician or foam)		Song call cards (below) and set list	
Water		Small torch or phone light for dark stages	
Pedal plus power supply (only if needed)		Money or card for entry and drinks	

2. Song call cards (one per song)

Tell the band these five things in under 30 seconds. Count in clearly, and agree on an ending signal before you start.

Song 1	Key	Form (for example 12 bar, verse chorus)	Tempo / feel	Who starts	Ending

Song 2	Key	Form (for example 12 bar, verse chorus)	Tempo / feel	Who starts	Ending

Song 3	Key	Form (for example 12 bar, verse chorus)	Tempo / feel	Who starts	Ending

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Page 2: 12 bar and common keys cheat strip, nerves plan card and a reflection box.

3. 12 bar blues cheat strip (I, IV and V chords)

Bars 1 to 4	Bars 5 to 8	Bars 9 to 12
I I I I	IV IV I I	V IV I V (turnaround)

Key	I	IV	V	Notes
E	E	A	B	Very common at blues jams
A	A	D	E	Easy open chords
G	G	C	D	Popular for folk and country
C	C	F	G	Friendly for many singers
D	D	G	A	Common for acoustic songs

4. Nerves plan card

When	What I will do
The week before	Rehearse my songs standing up, as if on stage. Play them for one person.
On arrival	Put my name down, tune early, watch a few acts.
Five minutes before	Slow breathing: in for 4, out for 6. Remind myself: mistakes are normal.
On stage	Look at the band, not the crowd. If I fluff a part, keep the rhythm going.
If anxiety is severe or ongoing	Talk to a GP or psychologist; CBT has the most research support.

5. Reflection box (fill in the next day)

Question	My answer
What went well?	
What would I change?	
Who did I meet?	
Next jam date and song to add	