

SUGGESTIONS:

- It WILL be **COLD** when we leave the Hotel in the morning and may warm up later in the afternoon. Dress in **LAYERS**. A T-Shirt with a Sweatshirt over it, and a lightweight coat, rain Jacket will keep you warm and dry, and it will allow you to take off layers as it warms up. Hat, Gloves, and a Scarf are strongly suggested.
- **HYGIENE** is **VITAL!** Shower **EVERY** Night. Brush your teeth. Drink at **LEAST 2** glasses of water a day.
- **REST** is **ESSENTIAL** to having a good trip. Get plenty of it, or you will be **HATING LIFE** by Wednesday.

Must Have Items:

One Suitcase/Duffle Bag that you will “check - in” at the Airport (50 lbs. Max)

World Expedition Bag Tag (will be provided at parent meeting in March)

1 Carry On Bag - A Backpack works great.

Rain Coat IT WILL RAIN!

Walking Shoes (break them in now)

Watch (Yes, a wrist watch. Your Cell Phone may not be your time telling device.)

World Expeditions Journal (will be provided at parent meeting in March)

Water Bottle that is refillable

Money for lunch – approx. \$10 per day

Packing List:

Bathroom Kit/Makeup	Sweater/Sweatshirt
Medication (your Chaperone will carry)	Hat
Blister pads/Band-aids	Pajamas
Sunscreen	Underwear
Toothbrush/Toothpaste	Socks (bring extra!)
Deodorant	Dressy outfit and comfortable dress shoes for the theatre
Shampoo/Conditioner	Cell phone or calling card (to be used during hotel time only)
Comb/Brush	Reading Material
Chap Stick	Snacks – just a few small ones
Camera	Spending Money- you probably can't spend more than \$10/day (on souvenirs)
Batteries	
DVD, Mp3 player, or other electronics (for use only when permission is given!)	
Ziploc Bags are a good idea for wet stuff	
2 Pair of Jeans or long pants	
Shirts/Blouses	
Bathing Suit	

WHAT NOT TO BRING:

- Laptops
- Valuable Jewelry
- Clothing that violates Dress Code
- Disruptive Items (ex. Finger boards, squirt guns, etc.)