



RECOMMENDED ITEMS

- Season appropriate clothing (one set a day)
- Waterproof jacket
- Sleepwear
- Extra socks
- Walking shoes
- Spending money (\$50 avg)
- Hat
- Sunscreen
- Insect repellent
- Sunglasses
- Cell phone & charger (if permitted)
- Picture ID (if applicable)
- Toiletries
- Daypack/ small backpack
- Water bottle (that fits in pack)

OPTIONAL ITEMS

- Bring soda and snacks from home. Hotel vending machines are not always reliable and can be expensive.

GENERAL TIPS

- Don't over pack! You must be able to carry your own **clearly labeled luggage**. Suitcase that goes under the bus and backpack are sufficient.
- Please **inform the chaperone of any medical condition** that you have, or of any medicine that you are currently taking.
- Buses will be numbered. Most buses have free WIFI (limited bandwidth) and electrical or USB outlets for charging.
- Try to get as much sleep as possible. We follow the itinerary regardless of your condition.
- Pay attention to weather forecasts to help you **choose the appropriate clothing**.
- Most meals included. Fast food, buffets, & family style are common because of group size and time constraints.
- About 15-18 miles over the course of 3 days. Two pairs of shoes are recommended.

The BUDDY SYSTEM

Students should remain with at least one other student at all times during the trip. This applies to all public areas-restaurants, hotels, restrooms, or ANYWHERE WE GO DURING THE TRIP. We cannot stress this point enough. SAFETY is our **number one priority**.

REMEMBER! THERE IS SAFETY IN NUMBERS!



@nowaktours