

**RECOMMENDED ITEMS**

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

OPTIONAL ITEMS

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

GENERAL TRAVEL 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. All medications will be held by the chaperones.
- 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.
- Any souvenirs that are purchased should be appropriate for school.

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