

PACKING SUGGESTIONS

***** Backpack MUST be packed for carry-on to the plane with a snack, raingear, and a coat. NO ROLLING BACKPACKS!**

Clothing

Three changes of clothes – shirts, jeans, etc. (No shorts)
Sweater (heavy, warm for layers)
Coat, gloves, knit cap, earmuffs
Raingear (Ponchos)
Socks (warm)
Shoes – 2 pair (COMFORTABLE and sturdy-no sandals or Keds)
Underclothing and nightwear

Personal Toiletries

Toothbrush, toothpaste
Comb, brush, shampoo
Medicine – Please place in a zip locked plastic bag with child's name on it. This should be given to sponsor in advance with labels and written directions.

Miscellaneous

1 spiral notebook (suitable for journal writing), pen or pencil
1 backpack (for carrying camera, poncho, snacks, and purchases during the day)
Healthy snacks – crackers and cheese packs, trail mix, dried fruit, nuts, Granola bars, pretzels, microwave popcorn (MAY NOT be prepared without a sponsor in the room), etc.
-NO CHOCOLATE
Stamps for letters, postcards, etc.
Camera and film
-Suggest 4-6 disposable cameras
-Film is very expensive in Washington, D.C.
-Suggest 2-3 with flash and 2-3 without
Reading material, cards, or small travel games for plane trip
-NO ELECTRONIC DEVICES

Spending Money

\$75.00 - \$100.00 is suggested for snacks and souvenirs. Parents should use their own judgment for this. Please it in \$5.00 bills. The sponsors will keep each student's money separate. The money needs to be sent to school by

_____.

NOTE:

**BE SURE THAT YOU CAN CARRY YOUR OWN LUGGAGE WITHOUT HELP!
DO NOT OVERPACK! YOU CAN HAVE ONE SUITCASE AND A BACKPACK.
PLEASE HAVE YOUR LUGGAGE TAGGED WITH YOUR HOME ADDRESS.**

Rules for Washington, D.C. Trip

1. Students will stay with their sponsors at all times. They will not get ahead of or trail behind the group. Students should be “at arms length” of their sponsor when touring.
2. Students should keep backpacks/fanny packs on at all times.
3. There will be no running or horseplay.
4. Students will stay in their room at the hotel, leaving only with a sponsor (even to go to the coke machine).
 - a. 1st time – call to parents, no matter what time of day or night.
 - b. 2nd time – may result in being sent home early at the expense of the parents.
5. **Hotel clause: If excessive noise causes the hotel to refund money to other guests, the students will be charged that amount.**
6. Parents should call the hotel after 9:00 p.m. to talk to their children. Outside calls cannot be made from the room. Students can make call their sponsors’ rooms or the front desk at any time. The sponsor will take them down to the pay phone in the evening when we return from touring. Many sponsors have cell phones and are willing to share them with students in the evening.
7. Spending money needs to be sent in five dollar bills so that the sponsors can hand it out appropriately.

COURTESY RULES FOR TRAVELING:

1. Stay to the right on sidewalks and on escalators in groups of one or two.
2. Let people off elevators before trying to get on.
3. Be aware of pictures takers. Try not to cross in front of them.
4. On the flight: Ask the closest sponsor for help. DO NOT ring the flight attendants for assistance.

OTHER SAFETY TIPS:

1. Keep the hotel phone number and Discovery Tours Staff phone numbers with you at all times.
2. If you get separated from the group in a museum, go to a security guard who will take you to an office to wait until your sponsor comes for you.
3. If you get separated from the group on the metro:
 - a. If everyone else gets off and you don’t, get off at the next stop and wait on the platform. A sponsor will come get you on the next train.
 - b. If you get off the train and the rest of the group does not, wait on the platform until a sponsor can get back to that stop.
4. If you get separated outside, wait in your spot for at least 15 minutes. Someone will be doubling back to find you.
5. Don’t panic. Help is only a short wait or a phone call away. There are security guards and police all over. **DO NOT LEAVE AND GO ANYWHERE WITH ANYONE OTHER THAN SOMEONE ON THE TRIP WITH US OR A SECURITY GUARD OR POLICE OFFICER NO MATTER HOW FRIENDLY OR HELPFUL THEY MAY BE!**