

AHT Packing Guidelines & Departure Procedures

In your unlocked suitcase*:

- **3 outfits** (3 tops, 3 bottoms, 3 pairs of socks, 3 sets of underwear). You will **not** have time to change your outfit during the day. Be sure each outfit is dress code appropriate. Check the weather report for Washington, D.C. a day or 2 before we depart to help you decide what will be most comfortable and most appropriate.
- Extra pair of footwear in case the ones you are wearing get soaked. **DO NOT** bring flip flops or slides.
- Toiletries: body wash/soap, toothbrush & toothpaste, deodorant, make-up, hair products, hair styling tools, etc. -- anything you normally use to get ready in the morning.
- Any approved meds that you will **not** need for the bus ride to Washington, DC. You must have a doctor's note on file to take any medicine.
- Something to sleep in each night.
- A small backpack or drawstring bag to carry your belongings while touring. Each rooming group can decide if one bag is enough, and then share the duties of carrying the bag each day.
- A plastic bag to store dirty/wet clothes.
- Snacks & beverages for the hotel in the evening.
- A few band-aids and other things you might anticipate needing from a first-aid kit.
- Other?

The absolute worst thing you can do is bring the wrong footwear while on this trip. Blisters and/or sore feet will ruin your trip. Be sure to have broken-in any new footwear that you plan to wear. Flip flops and slides are a huge mistake! Comfortable sneakers are your best bet. We walk a lot...so please be prepared!

In your carry-on bag* (small backpack/duffle bag/drawstring bag; **NOT** a small suitcase):

- Purse/wallet with money/debit card for purchasing souvenirs. (smaller denominations are encouraged)
- Approved meds that you may need for the bus ride (for example: Tylenol, Tums, allergy meds, Dramamine).
- Bag lunch and additional snacks for the bus ride to Washington, D.C.
- Headphones/earbuds for PED use **only** on the bus or in your hotel room. No portable speakers.
- Cell Phone and charger.
- Back-up battery pack for cell phone (optional).
- Contact lens supplies/glasses.
- Books, magazines, playing cards, or other entertainment for the bus ride.
- Lip balm, sunscreen, sunglasses
- Rain gear (poncho/raincoat). It is a mistake to forget this! Do not bring umbrellas—can be a safety hazard.
- Feminine products, if applicable.
- Other?

Do not put perfume, strong smelling lotions, or sprays of any type in your carry-on bag.
You cannot use them on the bus; they could trigger severe allergic reactions.

*Label everything!! Even label your food, drinks, and snacks. Be sure to put a luggage tag on your suitcase and your carry-on bag.

Day one consists of riding the bus for most of the day.

- Wear comfortable, appropriate clothing. You will spend most of the day on the bus. However, we will be touring when we arrive in DC.
- Do NOT wear pajama pants on the bus or while touring. They are not appropriate.
- You may want to bring a light jacket or hoodie; the bus is sometimes cold.
- Some students like to bring a small blanket and pillow on the bus. You will be responsible for keeping track of these items.

You will need a disposable bag lunch for the bus ride to Washington, D.C.

- Choose foods that are filling and will not upset your stomach on a moving bus.
- Avoid foods that will spoil, foods with strong odors, and foods that melt, are messy and/or are greasy.
- **Do not bring carbonated drinks on the bus.** The best drinks are the ones that can be resealed with a cap after each sip.
- Come prepared; bring napkins, and plastic utensils. Everything you bring should be disposable due to limited space on the bus. Small coolers are prohibited.
- Adhere to bus-specific food rules. These rules have been established to prevent severe allergic reactions.
- There will be NO opportunities to buy food on the bus ride down.
- On previous trips, students have packed their lunches in a small shoebox and used a frozen water bottle to keep it cold. Line the shoebox with newspaper for insulation and tape the box shut.

Finally, you must get everything to school!

You will need to drop off your suitcase in the OMS lower gym on **Sunday, May 19th between 3 PM and 5 PM**. DO NOT lock your suitcase. **EVERY SUITCASE WILL BE SEARCHED**. The lower gym will be LOCKED while your suitcase is stored there overnight.

Departure Procedures:

On Monday, May 20th, arrive at Oliver Middle School **between 5:45 AM and 6:00 AM**. Report to your designated bus area in the cafeteria with your carry-on bag, small pillow and blanket, and your lunch. As you wait, your carry-on bag will be searched. You will then **wait calmly until your bus is given the signal to load**. Stow your suitcase under the bus and then board the bus with your carry-on, etc. Find your seat quickly and remain there. The plan is to depart by 6:30 AM.

Parents are welcome to park at the Christ Community Church parking lot or in the OMS south parking lot...**NOT** in the bus loop (area closest to the building).