

## Various Trip Notes:

- ❖ **Sack Lunch:** We are requesting that participants bring a sack lunch on departure day to save us travel time to our first destination.
- ❖ **Beverages:** You are allowed to bring up to 9 beverages in re-closable containers on the trip. Six will be stowed under the bus with the luggage, two will be placed in the cooler on the bus, and the final beverage will be for the trip participant to drink on the road. Water is suggested as the main drink of choice since the weather in the DC area is usually hot and humid. Please mark all beverage containers with your name (Sharpie markers work well for this). You will have the opportunity to purchase additional beverages during the trip to replenish your supply.
- ❖ **Snacks:** We suggest packing a few non-perishable snacks that will last the duration of your trip. The weather will likely be hot and humid, so avoid snack items that will melt.
- ❖ **Luggage:** Trip participants are allowed 2 pieces of luggage and a purse or drawstring backpack.
  - One carry-on suitcase/duffel bag will be allowed on the bus
    - Approximately 22"x14"x9"
  - One purse or drawstring backpack (handy for touring) will be allowed on the bus
  - One suitcase any size will be stowed in the luggage compartment under the bus
    - Remember you must be able to carry your suitcase along with your other luggage
    - A suitcase with wheels is recommended
- ❖ **Clothing:**
  - It is suggested that you bring enough clothing to wear for the entire trip (take into account any souvenir shirts you may buy and the polo you will receive at the National 4-H Center when packing). Laundry facilities are available at the National 4-H Center, but it will be difficult to find time in your schedule to wash clothes. Additionally, it is difficult to dry laundry quickly in humid conditions.
  - Slacks and shorts can be worn multiple times to save on packing space.
  - Odor shield garbage bags are recommended for dirty laundry to help prevent laundry odors from spreading to the clean clothes in your suitcase. Pack shampoo, nail polish, cologne, etc. in ziplock bags in case of leakage.
  - Bring comfortable shoes. We cannot emphasize this enough! You will be walking, walking, walking! You want to keep your feet in good condition for the 2 week trip. Break in new shoes before bringing them on this trip. Flip flops are discouraged!
  - You will be expected to be modestly dressed. Appropriateness of outfits will be judged by the trip sponsors.
- ❖ **Medication:** Over the counter medications may be kept with the trip participant. Any prescription medications will be kept by the trip sponsors and handed out only when needed. Please do not pack more prescription meds than will be needed for the duration of the trip.
- ❖ **Money:** Suggested forms of money to bring on the trip include cash, bank debit (ATM) cards and VISA gift cards. **We estimate approximately \$400 in spending money will be needed for your trip** (adjust according to your spending habits). Come up with a personal spending budget before leaving on your trip to help you stay on track.
  - Meals: Plan on meals costing around \$10-\$20 each. Participants will need to pay for approximately 16 meals on their own.
  - **Budget for additional snacks and beverages.**
  - Souvenirs: Plan on paying around \$10-\$25 per souvenir item. Reserve space in your luggage for souvenir purchases.
- ❖ **Electronics and Other Items:** You will be allowed to bring your personal electronics, jewelry, sunglasses, etc. However, you will be responsible for them the entire trip. Consider this when packing. Additionally, if you will be upset if an item gets damaged, broken, lost or stolen, DO NOT bring it along. Bring a case for your sunglasses/glasses.
- ❖ **Travel Entertainment:** Movies, music, etc. may be brought along on this trip. Make sure that they are rated G, PG or PG13. Appropriateness will be judged by the trip sponsors.
- ❖ **Weather:** The weather in the DC area in June is typically hot and humid.
  - Pack lightweight clothing and a light jacket
  - Rain is always a possibility, bring a compact umbrella
  - Temperatures on the bus may vary, a light throw or blanket is recommended for travel
  - A small pillow is recommended for overnight travel