

# DC Pre-Trip Final Thoughts and Reminders....

Hey fellow travelers, we hope you all are as excited as we are about the upcoming trip! In an effort to make your packing more efficient, here is a suggested packing list:

## **Small duffel bag/drawstring bag (goes on the bus with you):**

- deodorant
- Chapstick
- your wallet/purse, cash for Sunday/all day Monday (money for souvenir shop)
- toothbrush/toothpaste
- hairbrush or comb
- pair of gloves/a warm hat
- change of under garments
- a warm jacket (you can carry this on the bus, you don't have to pack it)
- camera (if you are bringing one)
- any electronics you wish to bring (remember YOU are responsible for these items)
- small bag/purse to carry phone, camera, wallet, etc. if needed
- snacks (drinks must have a screw top cap) NO GUM on bus. Bring mints. ☺
- Any medication needed for Sunday night/all day Monday.
- Personal items for girls, if needed

## **A suitcase/large duffel bag (goes under the bus, inaccessible until Monday evening):**

- 5 changes of undergarments
- 5 pair of your warmest socks
- A change of shoes (sneakers or boots)
- Your toiletry kit (whatever you need to be clean and not smelly)
- long pants
- long underwear (if you have them)
- long sleeve t-shirts
- appropriate sleepwear
- slippers, if desired
- sweatshirts/sweaters/fleece jacket
- a water repellent jacket (you might want to have this on the bus)
- chargers for electronics
- hand and feet warmers if needed
- medication in original packing. Tylenol, etc. if you are prone to headaches.
- money for rest of the week

When considering what clothes to bring, keep in mind that the average high in Washington DC is 40°F, while the low can get into the 10's or 20's. Also consider that you will be both indoors and out, so layering should be your game plan. Suggested bus wear should be comfortable, yet in dress code, like a sweat pants and a long sleeve shirt. We will stop every few hours for bathroom and bus driver breaks, so make sure you have a warm jacket with you on the bus. Cold weather usually also means dry weather, so make sure you bring Chapstick.

### **Medicines:**

Any medicine that will not be self administered by the student, or that has been added since the field trip health form was submitted, needs to be brought in a ziplock bag in the original container with the following information:

- The student's first and last name
- The name of the medication
- The dosage per day (pills/mL, etc.)
- A statement giving permission to administer with parent signature

Please make sure that bottle or box with the prescription information is included in the baggie and DO NOT send loose pills.

All meals, **except** for the ride up to Washington DC and breakfast on the return ride home, are already covered. Snacks, souvenirs and anything else you might need/want are your financial responsibility.

### **HOTEL INFORMATION**

We will be staying at:

**Holiday Inn**  
625 1<sup>st</sup> Street  
Alexandria, VA 22314  
Tel: (703) 548-6300

Remember that Washington DC is a "big city," compared to Jacksonville. Please follow the following safety rules:

1. You must remain in groups of 4 or more at all times
2. Keep your wallet in your *front pocket* or keep your purse close to your body at all times
3. Never talk to a stranger, and report any suspicious activity to your chaperone immediately

Remember that this is a school-sanctioned trip. As such, you are subject to school discipline consequences for bad choices. We know you all will be the best ambassadors for Switzerland Point Middle School, and we look forward to sharing in this once-in-a-lifetime trip with you.

Finally, remember that **we will leave promptly at 7:00 pm, on Sunday, January 6<sup>th</sup>. Please arrive at Swiss Point Middle between 5:30 and 6:00 pm on that day.** Please make sure you have eaten dinner before arriving, we will not be stopping for dinner. Your parents should drop you off in the faculty parking lot behind the school. Parents are not to drive down the bus loop.

Happy Travels!