

The East Coast Trip Packing List & Travel Tips

Packing List

Necessities

- Money for meals on your own
- Medications (you are responsible for your own medications on this trip)
- Watch
- Water bottle with strap or carabiner
- Comfortable walking shoes
- Clothing for hot weather
- One set of warmer clothes (sweatshirt & jeans)
- Rain Poncho
- Sunscreen

Suggestions:

- Personal spending money
- Camera & extra memory cards
- Batteries / chargers for your gadgets
- Sunglasses
- Hat
- Personal toiletries
- Entertainment for bus ride (i.e. MP3, ipod, cards, etc.)
- Snacks
- Pillow & blanket for bus ride home (pillowcase must not be white, bright colors are best)
- Bathing Suit

Just as a reminder...Don't bring anything you don't want to or can't afford to lose.

Tips for a Successful Trip

- Suitcases with wheels are best
- Take only what you need. Overpacking leads to unhappy travelers. You are responsible for carrying your own luggage
- Share items like hair dryers with your room-mates. Only one of you needs to bring one.
- Label all your stuff
- Collect items to create a scrapbook.
- Keep a day-to-day journal
- Small collapsible coolers are handy to have along
- Buy pop bottles with screw-on caps whenever possible
- Use this opportunity to make new friends
- Go on the internet prior to the trip to learn more about what you will be seeing along the way
- Get your sleep while on the trip. This is a fast-paced journey and lack of sleep makes for really, really crabby travelers
- Plan to carry only what you absolutely need each day, no backpacks will be allowed off the motorcoach during the day. We go through too many security checks and gift shops will not allow them in the store.

Flip Flops

We know you love them...and so do we, but they are not good for walking in during the days when we are off the motorcoach for long periods of time. We do some heavy-duty walking on the trip. Please make sure you have some good, broken-in walking shoes and socks along.



They can also break easily. We had to "duct-tape" one girl's flip-flop to her foot last year so she could continue on with the group.

Money, Money, Money



- Set up a budget of what you can spend each day. Put cash in envelopes labeled with the days and only open on the morning of that day.
- Make an envelope for each meal you have to pay for and put money in there for that also.
- Keep the envelopes in a safe place. Remember, you won't have access to your suitcase during the day.
- Plan to bring back a souvenir for anyone who helped you pay for this trip.
- Don't wave around cash in front of strangers while shopping
- Boys, don't leave your wallet in your back pocket.
- Girls, carry your purse on the front of you
- If your group is traveling through Canada on the first day, bring small bills. Otherwise, any change you get back from purchases will be in Canadian currency.