New York City trip - packing list

Food

* You may want to pack a cooler for the bus portion of the trip with snacks and drinks.

Clothing – dress in layers

* Hoodie or light jacket and comfortable pants, shorts or sweats for your legs.
* Packing extra socks and a pair of lightweight hiking boots or running shoes may be appropriate.
* Don’t forget the sleepwear and underwear.

Sleeping Gear

* Pillow and blanket, if you need it – especially for the bus portion of the trip.

Toiletries and Medicines

* Pack a small bag of essential toiletries like your toothpaste, toothbrush and floss.
* Also bring sunscreen and lip balm.
* If you wear contact lenses or a mouth guard at night, pack these along with the appropriate rinsing solution and case.

If you have a serious medical condition, severe allergies to bee stings or any other affliction that could prove fatal, bring any pertinent medical information with you give a copy to the team leader. – This was included in the paperwork that went home.

Personal Items

* Bring along a camera, writing materials and a little cash. Please plan on bringing around $60.00 for food.
* Books, crossword puzzles, iPods, and hand held games are great for the bus ride but please know that you are taking these items along at your own risk.
* We will be around many gift shops and you will have the opportunity to purchase souvenirs – you may bring cash or you could purchase a debit/credit card and put the money on that. Most places accept MasterCard and Visa. If you choose to bring cash please make sure that you keep it in a safe place.