

# LS WASHINGTON DC TRIP RULES 2008

## WHAT TO PACK AND WHAT NOT TO PACK:

1. The **most important item to pack is a photo ID**. It does not need to be a state-issued ID like a driver's license or a passport. All you need is your school ID. If you do not have one of these, please see Chuck in the AV department.
2. All of your luggage must be tagged with your name and address. **DO NOT PACK ANY PRESCRIPTION DRUGS IN YOUR CHECKED LUGGAGE. IF ANY OF YOUR PRESCRIPTION DRUGS ARE IN LIQUID FORM, THEY MUST BE PLACED IN A CLEAR PLASTIC BAG.** They must go in your carry on luggage. This policy is a safeguard just in case your luggage gets lost!
3. Bring a warm jacket, hat, gloves or mittens and comfortable shoes for walking. **We will be doing a lot of walking.**
4. Camera. Cell phone. Wristwatch. Bathing suit. We have the pool reserved for an hour on Friday night.
5. You will have to buy your meals for three days. You can save money by packing Thursday morning's breakfast. **REMEMBER THAT YOU CANNOT BRING CREAM CHEESE, PEANUT BUTTER OR YOGURT THROUGH SECURITY.** You will not receive any food on the flight. Although we will eat as inexpensively as possible, even McDonalds gets expensive. Everyone has a different budget so it is hard to tell you how much money to bring. I would talk to veterans of last year's trip to see how much money they spent. We recommend allotting yourself approximately \$35.00 per day for food (think: \$5 for breakfast, \$12 for lunch, and \$18 for dinner) and more if you plan to buy souvenirs.
6. Make sure to keep your money in a safe place and do not flash your wallet or large amounts of cash around.
7. **Do not bring alcohol, drugs or cigarettes.** If anyone is found abusing these rules in Washington, you will be flown back at your parent's expense and appropriate school disciplinary measures will be taken. Please note that your return flight will have to depart from Reagan National Airport. A one-way ticket from this airport will be very expensive. An added word about cigarettes - this is a school trip. Smoking is not allowed at school. It is not allowed on this trip. It is particularly dangerous to smoke in the hotel.
8. Regarding new carry-on baggage rules: **you will NOT be able to bring liquids past the security check point.** This includes bottled beverages, toothpaste, and bottles of lotion. Keep in mind that if you buy a beverage at the Dunkin Donuts outside the security line, you will either have to finish it before you go through security or throw it away. Don't buy a bagel with cream cheese or you will be providing the security people with breakfast. Keep in mind that there are places to buy beverages past the security checkpoint as well.

### PLANE BEHAVIOR:

1. You must respect other passengers. Keep in mind that although we are filling much of the plane, there will be other people outside of the L-S community on our flight.
2. When we get to the airport, representatives from the airline will explain their seating procedure. Please cooperate.
3. When we land, we will proceed directly to the baggage claim area. Do not leave the airport until everyone has claimed his/her luggage. Students arriving on Southwest will walk as a group to the AirTran baggage claim area. We will then proceed as a group to our chartered buses.
4. When we first arrive at the hotel, their staff will store your luggage. Anything that you need for the day must be in a separate backpack. We will not spend any time at the hotel.

### HOTEL BEHAVIOR:

1. Once the group has returned to the hotel for the evening, you may not leave. Although we are staying in Virginia, it is not safe to play “Joe the midnight explorer.” If you get hungry, you can send out for pizza and they will deliver to the hotel. Do not leave the hotel early in the morning. This is not a safe area to go for an early morning jog.
2. After 11:00 p.m., you cannot be in the halls. You must be in your room. There will be other people on our floor. They want to get some sleep. For that matter your chaperones do too. Hall monitors have been hired to report any violations. **VIOLATORS WILL BE SENT HOME AT THEIR PARENTS’ EXPENSE.**
3. When you first enter your room, please check for any visible damage. Report any damage to one of the chaperones.
4. On Saturday morning you should **each** leave \$2.00 for the maids (a total of at least \$8 per room). They are paid minimum wage and depend on tips.

### GENERAL TRIP BEHAVIOR:

1. During free time, you must be with at least one other person on the trip who has a cell phone. **You are not allowed to wander around by yourself, even if you do have a cell phone.** The trip leaders will have a list of all student cell phone numbers. Students will each carry a laminated card with emergency numbers. Be sure to wear a watch.
2. Do not be late for assigned meeting times. This can ruin the trip for everyone. If you are hoping to connect with friends or family living in the D.C. area, we will be at the Pentagon City Mall on

Thursday night and Georgetown on Friday night. There will also be some free time on Saturday afternoon but you must be at the Hotel by 3:00 P.M.

3. Remember that your behavior is a reflection of our high school. While student behavior has generally been impeccable, there have been several unfortunate incidents. We are a very large group. You must be patient and courteous with food providers.

### METRO BEHAVIOR:

1. Make sure you are with your group leader AT ALL TIMES when you are on the Metro. Know where you are supposed to get off. **If you miss the stop, get off at the next stop and wait. One of the chaperones will come to get you.** In the past, we would have had a very serious incident if this instruction had not been followed.
2. When you get off the escalator onto the platform where you will wait for the train, you must move down the platform away from the escalators. DO NOT crowd at the bottom of the escalators because commuters and D.C. residents will become irate. DONOT TRY TO WALK UP THE DOWN ESCALATORS, ESPECIALLY THE ONES THAT TAKE YOU OUT OF THE METRO.
3. Before boarding the Metro, you must let disembarking passengers OFF first.
4. There is neither food nor drink allowed on the Metro. This is a city rule.
5. Make sure to keep your Metro card in its plastic case and keep it away from your cell phone and room key. Otherwise, it will become demagnetized. You cannot share a Metro card. If you lose your card, you will have to purchase another one.

### **Flight Information**

Boston to BWI - February 28 – AirTran Flight 348 – 6:15 - 7:40 A.M.

Providence to BWI – February 28 – Southwest Flight 3249 – 6:35 – 7:55 A.M.

BWI to Boston – March 1 – AirTran Flight 955 – 5:30 – 6:51 P.M.

BWI to Providence – March 1 – Southwest Flight 1082 – 7:40 – 8:50 P.M.

Doubletree Hotel – Crystal City – (703 – 416-4100)