

OTTAWA TRIP PRESCRIPTION FOR SUCCESS

- As a mature student who represents our school, considerate behaviour is expected at all times. You are responsible for any property damage.

- Always remain with the group or your partner(s).

- **Please do not bring valuables.** You are responsible for everything you bring, including money.

- Be where you should be **on time**. We have a full schedule. Allow yourself and your roommates enough sleep to be able to fully enjoy each day's activities.

- Respect your classmates, teachers and guides and expect respect in return.

- Be on time for departure. We leave at **7:45 a.m. on Wednesday, May 5th** and return on **Friday, 7 Mayth at approximately 4:45 p.m.**

- We do not anticipate any problems. However, the following would be cause for an **immediate** phone call home and departure:
 1. Entry into the room of a member of the opposite sex.
 2. Possession of any illegal substance (including cigarettes).

SUGGESTED PACKING LIST FOR STUDENTS

Please note: During the day while we are touring, students will be required to wear their uniforms. This can be the summer uniform and this includes **proper shoes**. (Black uniform shoes) In the evenings no uniform is required. However, we request that the clothing students wear be appropriate. The following will **not** be allowed: torn jeans, t-shirts with offensive slogans or decals, halter tops, tank tops, mini-skirts, or shirts with midriff exposed.

(While on the bus, girls may wear sweatpants under their skirts, but will be required to remove them before exiting.)

Umbrella (optional)
Pyjamas
Bathrobe (optional)
Sweater/Sweatshirt
All weather jacket – windbreaker
Regulation school uniform for 3 days
Clothes for 2 evenings, part of which will be spent outdoors
Socks
Underwear
Shoes – remember school shoes!
Pillow – optional but strongly suggested
Money for 3 lunches at fast food restaurants

Personal items: Towels, hair brush, toothbrush, toothpaste, soap, shampoo, deodorant. We are staying in a university dormitory and so no bathroom accessories are provided. Bed linens, however, are supplied and are clean and more than adequate.

Optional Items: Camera
Watch
Spending money (should not exceed \$50). **Please note:** Students are responsible for their own money and belongings

Mrs. Doherty should be given or made aware of **ALL medication** prior to departure. (place medication with instructions in a clear plastic bag.

Do **NOT** bring sound equipment or video games or small televisions. An Ipod for the bus is permitted, but only on the bus trip going to and coming from Ottawa, not while we are touring or inside buildings.

Only one small suitcase or duffel bag per student, please.