

Washington, D.C. 2022



8th Grade Class Trip

Trip Details

- Bag/Suitcases
- Bus Rules
- Hotel Rules
- Behavior
- Health and Wellness
- Packing
- Odds and Ends



Bags/Suitcases

Please bring your bag with you when you arrive at CHS at 6AM on Wednesday May 4th... your bag will be checked before being placed on the bus

- Please clearly tag/label your bag with your name and bus # - luggage tags will be handed out at Chodae this week
- You may pack snacks for the hotel
- You may bring a bag on the bus with you with snacks/bottled water (will be checked also)
- Remember we are only away for 3 days when packing - only pack what you need!

Bus Information and Rules



- Assigned to the same bus throughout trip with roommates
- Buses have restrooms and most likely Wifi (we can't control if it works!)
- Snacks are permitted - but NO NUTS!
- Beverages must have a screw-on top
- You MUST have headphones to listen to your movie, game, music, etc.
- PLEASE DO NOT BRING AIRPODS
- Pay attention to your chaperones when doing headcounts and roll call
- Remember, the bus is our rolling home for 3 days. Keep it clean!



Hotel information and rules

- Holiday Inn Express
- Rooms have refrigerators and microwaves
- Students are not permitted to use the pool or fitness center
- Room checks - all roommates must be in assigned room at designated time
- “Lights-out” time will be designated - chaperones check rooms again!
- WorldStrides hall security - for your safety and supervision
- NO ROOM VISITS
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- NO ROOM VISITS



Behavior Expectations

- Be on time
- Be where you are supposed to be
- Wear lanyard and name-tag at all times
- Remember you are in an unfamiliar city
- BE SMART
 - PHONES DOWN!
 - EYES UP!
 - WALK TO THE RIGHT!
- All school rules, including dress code, still apply



Behavior when we are out and about...

- Phones down, eyes up, walk to the right!
- Do NOT walk around with headphones in your ears
- Pay attention to the WorldStrides Course Leaders - LISTEN and LEARN
- Watch your belongings - be smart
- Report any problems to your assigned chaperone



“Freedom and Fun” vs. “Respectful and Serious”

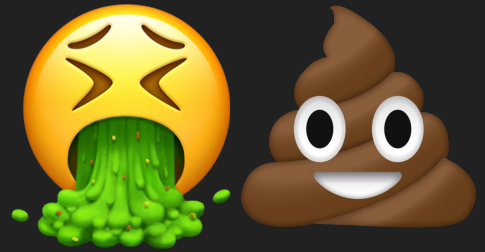
- Different locations require different behavior
- Places of remembrance and respect:
 - Supreme Court, Arlington National Cemetery, Memorial sites






- Places where you can have fun and take selfies:
 - Other museums, other outdoor monuments, the hotel, the bus, and the Mall
 - Trip moves quickly - many sights in a short time!

Health and Wellness

- Everyone must be tested for Covid-19 prior to the trip
 - Rapid (2 days before) or PCR (3 days before) test both accepted
 - Test results must be from a facility (NO home tests will be accepted) and results must be handed in on **Tuesday May 3rd.**
- Ms. O'Rourke (EHB Nurse) will be on the trip to address health/medical
 - Medication form must be completed by this Friday in order for meds to be administered
- Number one problem on trip?
 - UPSET STOMACHS!
 - In order to prevent this, don't eat garbage for three days
 - Eat your normal kind of diet (ex: don't eat a bag of candy for breakfast)
 - Drink lots of water - stay hydrated
- If you have a nighttime issue
 - Open your hotel room door
 - WorldStrides security guard will come and get the nurse (or me) as needed
- If you feel nervous or upset - let one of your chaperones know - we are here to help you!



Packing

Wed 04	70°/55°	 Partly Cloudy	24%	N 9 mph	▼
Thu 05	72°/54°	 AM Showers	40%	WSW 12 mph	▼
Fri 06	72°/54°	 Partly Cloudy	24%	W 10 mph	▼

- Face masks - Highly recommended for crowded locations, including the bus
- Check the forecast early next week - bring rain gear if forecast looks like rain - ponchos, umbrellas, raincoats, boots, etc.
- If rain is forecasted, bring a second pair of sneakers and extra socks
- Wear comfortable shoes - no sandals!
- Clothing that can be layered - it's cooler in the morning and evening!
- BE COMFORTABLE and ready for any kind of climate
- **Wear CRESSKILL gear and school colors!**

Odds and Ends

- **Departure - Wednesday, May 4th**
 - 6:00 AM arrival to CMS
 - 6:30 AM bus departure
 - You must be on time - we cannot hold the bus for late arrivals!
 - Eat something or bring breakfast with you!
- **Return - Friday, May 6th approximately 7:00 PM**
- **We will be stopping at a rest stop on the way down and way back - please bring money for lunch on the way down and dinner on the way back**
- **Included meals: Two breakfasts (Thursday and Friday); Two lunches (Thursday and Friday); Two dinners (Wednesday and Thursday)**
- **Bring money for snacks and lunch on Wednesday/dinner on Friday (and souvenirs!)**
- **WAKE UP TIME IS EARLY - 6:30 AM! Breakfast is from 7-8AM at the hotel**

Odds and Ends

- The line at Dunkin Donuts or Starbucks at rest stops is VERY long and slow!
- Plan accordingly - remember you can't bring a non-screw top beverage on the bus.
- Instead of asking "Where are we?", how can you answer that question yourself?
- Instead of asking "When do we go back to the hotel?", how can you find that answer yourself?
- Instead of asking "How much longer until....?", how can you answer that question yourself?
- Bus lists and itinerary will be shared shortly

Recap - did you listen?

1. What time do you have to be here next Wednesday, May 4th?
2. What must be handed in on Tuesday May 3rd in order to attend the trip?
3. Are you allowed to bring peanuts/nuts on the trip as a snack?
4. Should you eat junk food all day long?
5. If you feel sick, who should you tell?
6. If you want to listen to music on the bus, you need _____.
7. Are AIRPODS welcome on this trip? Why not?
8. Are you allowed in any hotel room besides the one you are assigned to?
9. How can you estimate arrival time back to Cresskill?