

There is a lot of information below. I just want to make sure that everyone is prepared for our trip to Disney World!!!!!!

Due to the limited room on the buses, students and chaperones may bring 1 suitcase/duffle bag to be stored underneath the bus. Students and Chaperones may also bring 1 carry-on bag (a backpack is perfect). This bag should also be used for your bag to take into the parks. A backpack is the best type of bag to bring into the parks because of the size and it keeps hands free. It is also less likely to get lost in the large crowds.

WHAT TO PACK IN YOUR SUITCASE/DUFFLE BAG

- Summer Clothes and PJs
- Florida will most likely be in the mid to upper 80s. That is not crazy hot, but we are not use to these temps yet. Many students got sick 2 years ago because they did not dress appropriately for the Florida heat/sun. They also did not drink enough water. I'll talk about that below.
- Comfortable shoes
 - I recommend bringing at least 2 pairs of shoes and alternate them each day. This will help keep your feet from hurting. You will be on your feet for 12+ hours each day. DO NOT go to Disney World with brand new shoes. Your feet will be very angry with you. You want a good broken-in pair of tennis shoes that still has good support.
- Bathroom supplies such as soap, shampoo, toothbrush, toothpaste, deodorant, etc.
- For the Parade Performance
 - Black Socks
 - Marching shoes
 - DON'T FORGET YOUR MARCHING SHOES!!!!!!
 - Guard students will also need to pack their 2019 uniform to wear in the parade

WHAT TO PACK IN YOUR CARRY-ON BAG FOR THE PARKS

Quick tip: Spray your backpack with waterproof spray and let dry.

It is highly recommended that at the end of each day when we get back to our hotel rooms, that you re-pack your bag for the next day BEFORE you go to bed. This way, you just have to jump out of bed your stuff is ready to go for the day.

When packing your carry-on bag, think travel sized items. The items below are just suggestions. I've been to WDW many times, and I've learned how to be prepared. This is typically what you will find in my backpack for the parks.

1. Snacks
 - a. Disney allows all types of snacks into their parks. I like to bring dry/pantry type snacks in the "individual" bags.
 - b. Snacks can include (but not limited too) goldfish, pretzels, chips, granola bars, and oreos. I usually bring enough snacks for 4-5 snacks per day in the parks. This will save you money. Load them all up in your backpack (or suitcase) for the bus ride, and then each morning pack your bag with a few snacks and leave the rest in your hotel room.
2. Refillable Water bottle
 - a. YOU NEED TO DRINK WATER. YOU NEED TO TREAT DISNEY WORLD LIKE BAND CAMP. Our motto this past year was "hydrate or die-drate." It worked. No one got sick due to dehydration during camp. Students will be tempted to drink lots of sugary drinks. DON'T!!!! Limit your non-water drinks to 1 each evening. The last thing you want is to get sick and feel like crap while trying to have fun in Disney World.
3. Flavored water packets
 - a. Florida water tastes terrible. Go to the store and get some sugar-free flavored water packets to put in your water bottle each time you refill it. Walmart sells packs of 10 for \$1.50.
4. Gallon Size Ziplock Bags
 - a. This will keep your electronics, keys, etc from getting wet, either on rides or during an afternoon shower. It is Florida, it will most likely rain at some point
5. Lightweight/Waterproof jacket and/or poncho that can be just shoved in the bottom of your bag and not take up much room. Dollar General is a great place to put one of these up for a cheap price. It may be cool in the first parts of the morning or at the end of our evenings. This will also help when a pop up rain shower happens.
6. Cooling rags that just need water added (keep them in a separate ziplock bag)
7. Hat Sunglasses
8. Sunscreen
9. Portable charger for your phone (optional)
10. Band-aids
11. Chapstick with sunscreen