

Santa Monica High School Wind Ensemble  
Concert Tour – Rome April 6 – 13, 2019  
PACKING LIST

We have the privilege of representing Santa Monica High School and the United States with our visit to Rome, Italy. A *Student Dress Code* will be in effect and we are expected to dress in a dignified manner.

While in Italy, be prepared for climate and weather changes. The average temperature is 50-65 Fahrenheit in April.

**MUST HAVE**

- Full concert dress (tuxedos or dresses – consider bringing leggings and/or a v-neck long sleeve thermal for under dresses, as concert venues may be cold; extra bow ties; black socks; hair supplies; shoes).
- Music and music folder
- Samohi Student ID card
- Travel sized hand sanitizer
- Travel tissues
- Spending money in Euros

**CLOTHING: Pack comfortable clothing, dress in layers**

- Warm jacket/waterproof outer shell (carry on the plane)
- Official Tour Attire (you will be instructed when to wear)
- Fleece jacket/sweatshirts/sweaters – lightweight
- T-shirts – including long sleeve, for layering
- Nicer shirt (1 or 2 for special occasion)
- Pants/Jeans
- Nice outfit for evening excursion
- Undergarments – **warm socks**, nylons, tights/leggings, underwear, etc.
- Sleepwear
- Shoes – concert shoes, walking shoes (avoid thin-soled shoes)
- Accessories – gloves, scarves, sunglasses, hat, etc.

*Please note – there are several places (i.e., churches, catacombs, etc.) where bare shoulders and legs are discouraged or prohibited. Please pack clothing appropriate for these settings should you choose to wear tank tops and/or shorts for other portions of the trip.*

**TOILETRIES**

- Shampoo, soap, toothbrush, toothpaste, dental floss, deodorant, razor, shaving cream, makeup, etc.
- Hair brush, comb, hair clips, hair bands, etc.
- Sunscreen, lip balm, hand lotion, sanitary products, etc.

**Toiletries for carry-on bags must all fit in a quart sized Ziploc with no more than 3 oz of cream or liquid in each container. Larger quantities can be carried in checked bag.**

**BAGS**

- Suitcase with wheels – should be comfortable, durable, and easy to handle. Max linear dimensions 62 inches (length + width + height) and max weight of 50 pounds.
- Daypack – a light backpack/tote bag for daily excursions
- Ziploc bags – for organizing, keeping items dry, medication, etc.
- INSTRUMENT

## MEDICATIONS

- Prescription and non-prescription medications for *tour* – labeled with student name and dosage.
  - Please store all medication in a quart size Ziploc bag with student's name and TOUR MEDS marked with Sharpie.
  - Indicate meds and dosage on health form and insert in bag.
  - Give bag to chaperone at check in for safekeeping.
  - Chaperones/School Nurse will keep all meds and non-prescription meds while in Europe.
  - You may wish to include over the counter remedies in the TOUR MEDS bag such as:
    - Advil or Tylenol
    - Cough drops and syrup
    - Cold medicine
    - Dramamine
    - Airborne
    - Allergy/antihistamines (i.e. Benadryl)
    - Vitamins
    - Zycam
  - Due to new district policy, the school nurse will only be able to give students the over the counter meds that are listed on the health form and packed according to instructions here.
- Medications for *flight* – small Ziploc with any meds and over the counter remedies needed for 24 hours.
  - Enclose dosage instructions and health form.
  - Mark student's name and FLIGHT MEDS in Sharpie.

Note: Again, meds for *flight* should be packed into a separate Ziploc, labeled FLIGHT MEDS with any liquids in containers of 3 oz or less placed in your carry on toiletries Ziploc for security check. Meds for the remainder of tour should be packed into their own Ziploc. The TOUR MEDS bags will be collected at Samohi check in before we board the bus.

## OPTIONAL/RECOMMENDED

- Sunglasses/watch/glasses/contacts/solution
- Refillable water bottle (aluminum or polycarbonate; carry onto place EMPTY)
- Camera, memory cards, batteries
- Smartphone and charger, earbuds, appliance adaptor and converter (US 120V to Europe 220V)
- Notebook, journal, pens/pencils, books, playing cards
- Homework and/or test prep material

- Travel umbrella or rain poncho
- Addresses of friends and family for postcards