# Choir Trip to Virginia 2016

# **PROCEDURES AND PACKING LIST**

#### LUGGAGE CAN BE DROPPED OFF WEDNESDAY NIGHT, APRIL 27<sup>TH</sup>, FROM 6:00-8:00PM IN THE <u>MIDDLE</u> <u>SCHOOL LGI ROOM</u>. THE HIGH SCHOOL AUDITORIUM IS UNAVAILABLE TO US DUE TO NATIONAL HONOR SOCIETY INDUCTION.

#### **Performance Attire**

Women's Choir and Symphonic Choir will wear standard concert black and white. For boys this means a white button-down shirt, tie, black dress slacks, with black belt, black dress socks, and black dress shoes. Ladies should wear a white blouse (short or long sleeve is fine, just make sure shoulders are covered, button down is also acceptable), black bottom – if wearing skirt, black stockings, or black dress slacks, black dress shoes or black character shoes. No sandals, high heels, open toes, etc.

North Hills Singers will wear their standard black and red uniforms.

Please make sure these are ironed and look presentable. If needed, use the iron at the hotel. If you can pack it in a separate garment bag and want to store that under the bus, make sure your name is clearly labeled on the bag so it doesn't get misplaced.

STUDENTS MAY BRING 1 SMALL SUITCASE AND 1 CARRY ON WITH THEM ON THE TRIP. It may be dropped off Wednesday night, Thursday morning upon arrival, or immediately after school depending on what arrangements families make. All items will be stored in the middle school LGI Room during the day on Thursday.

#### When packing, consider the following:

#### Virginia April Weather

- Average high is 71°, average low is 53°. As of Monday, 4/25, there is a 50% chance of rain on Friday
- Students usually do not bring enough warm clothing/layers on trips!

#### Day 1 - Thursday: Travel Day

• Wear your blue trip t-shirt to school. Dress in layers if it is cooler, and dress comfortably for the bus ride.

#### Day 2 - Friday: Beach & Performance Day

- Leave hotel dressed for the beach. Make sure to be smart with time in the sun...this is a long day, and our performance is late in the day. We don't want anyone unable to perform because they made bad choices at the beach! Also keep in mind that the water will be COLD. Don't plan on doing more than wading up to your thighs. This isn't Florida, and it isn't summer! We're there to spend time in the sun and enjoy the beach, not to go surfing or swimming.
- After the beach, we will return to the hotel to rest, change into performance clothes, and then go to dinner before our competitions. Students traveling with the band/orchestra will join us at the performance site.

#### Day 3 - Saturday at the Park

• Wear comfortable park clothes. We will be at the park almost the entire day. Include layers and comfortable socks and shoes. Meet for the awards ceremony at 5:00.

#### Day 4 - Sunday: Tour of Colonial Williamsburg and Travel Home

• Wear comfortable clothes for walking/sight-seeing and for the bus ride. Make sure you have everything you brought with you packed before we leave the hotel!

**Carry-on Item:** Back pack OR small duffle bag with items for the ride, including:

- Pillow
- · Homework: students are to keep up with their class assignments while on this trip
- Cell phones, MP3 players/iPods, and other electronics should be kept to a minimum. These items are the students' responsibility to take care of and keep track of. These items can be broken or lost. Students cannot be reimbursed for damage or loss of any of these items.
- Movies: G or PG may be played at the director's/chaperones' discretion
- Snacks

## **Medical Information**

The school nurses have compiled a list of medications and health conditions based on the emergency cards they have on file at school. If there are additional medications or issues that we need to be made aware of, please talk with our trip nurses, Mr. & Mrs. Carothers, immediately. This information should also have been included on the NHSD Overnight Medical Form that was due months ago.

## **NHSD Standing Order**

The North Hills School District standing orders apply on this trip, as it is a school function. Approved medication (Acetaminophen [325 mg], antacids, Bacitracin ointment) will be administered by our trip nurse as if the students were in school.

#### **Other medications**

For a student to receive any other medication (including OTC), you should have completed and turned into the school nurse the **Procedure for Administering Medication at School** form filled out by your doctor. If this has not been completed and is not already on file, it must be submitted before departure Thursday. Extra forms are available on the choir website at <u>www.northhillschoralmusic.org</u> under "Forms & Handouts."

Any medication to be administered or handled by the trip nurses should be brought **in the original container** to luggage drop-off on Wednesday night, April 27<sup>th</sup>.

# Items for packing consideration:

- Layered clothing for traveling/park
- All necessary personal hygiene items
- Appropriate clothing for each day on the itinerary
- · All pieces of Music in the Parks performance attire
- Sneakers and several pairs of appropriate socks
- Modest swimsuits for the beach
- Beach towel
- Extra supplies such as contacts, contact solution, glasses, etc.

# Communication

Announcements will be made using the Remind app (course code @nhtrip16) and through chaperones, mostly by cell phone. In order for chaperones to contact students according to NHSD policy, all students on the trip must complete the NHSD Social Media Form and return it ASAP. Even if it has been completed for another activity/teacher, we must have our own on file.

If there is an extreme emergency and you need to reach us, contact Artistic Ambassadors Tour Escort Rick Sicilio at 412-818-8747.

We will continue to provide updates throughout the trip on our social media platforms: Facebook, Twitter, and Instagram, which are all linked to the choir website. Thank you!

