

# PA Trip to Los Angeles, USA - Recommended Kit List

19-25 October 2019



## Travel

*Please read restrictions carefully so we can avoid any disruptions at security check-in while at the airport. It is good practice to pack with your child so they are aware of how to pack for the return trip to the UK and for security checks at the airport both in the UK and US.*

- Labelled small 'carry-on' bag for personal items – also useful for day trips so backpacks/rucksacks work best
  - Maximum size of 23 x 36 x 56 cm (around 9 x 14 x 22 inches)
  - Maximum weight of 10 kg (22 lbs)
  - Refrain from packing liquid in hand luggage only essential items (no larger than 100 ml and must be less than 10 items which can fit into a small, clear, plastic resealable bag)
  - Students must be able to place hand baggage in the overhead bins unaided
- Packed 'checked baggage'- please ensure there is an updated label tag attached to the bag
  - Maximum size of 90 x 75 x 43 cm (around 35.5 x 29.5 x 16 inches)
  - Maximum weight of 23 kg (50 lbs)
  - All toiletries (especially liquids) should be packed in the checked bag within their own 'shower bag' if possible
  - Students must be able to wheel/transport their own bags themselves so please don't overpack!
- American dollars/British sterling for airport snacks
- Entertainment (e-reader, books, playing cards, mobiles, etc.)
- Wear comfortable clothes for travel - including hoodie - it can get cold on the airplane
- A travel pillow if preferred
- Refillable water bottle (empty – there are facilities in the airport to fill the bottle)

## Clothing

*It is easy to 'overpack' so please encourage your child to be sensible. We have a total of 5 full days and 2 days of travel. Keep this in mind.*

- 'Late summer' clothing (shorts, long and short sleeve t-shirts, trousers, hoodies, dresses, underwear, socks, etc.)
- Nightwear
- Swimwear (our hotel has a pool)
- Sun glasses
- Hat
- Sandals
- Trainers - we'll be doing lots of walking!
- Rain jacket

## Other essentials

- Washbag with toiletries/cosmetics (shampoo, body wash, deodorant, toothpaste, tooth brush, make-up, etc.) - these must be packed in your checked baggage
- Sun cream and after sun (minimum factor 30) – also must packed in checked baggage
- Lip balm
- Ear plugs (may be useful for shared rooms)
- Labelled plastic bags for wet/dirty/spare clothes
- Travel adaptor (UK to US)
- Charger for mobile phones etc

## Medication and health

Mr Allin is the designated first aider. Miss Shrubbs is in charge of medication and distribution. If your child takes regular medication or has emergency medication (i.e. inhalers or an Epi-pen), this should have been noted on your child's medical form. Please follow the guidance below:

- **Any** medication must be in a labelled bag with instructions for use and handed to Miss Shrubbs on the morning of travel; this includes non-essential medication such as hay fever/allergy tablets, cold medication, etc.
- Inhalers and Epi-pens need to be kept by the students at all times, plus an extra one for staff where possible.
- Travel sickness medication must also be handed in, please inform us on the morning of departure if your child has already taken some so we are aware of the dosage and can administer more as guided by you.
- Staff will carry paracetamol and will distribute to students, if they are unwell, where necessary.

## Spending money, mobile phones and valuables

- It is recommended students have spending money in both American dollars and British sterling so they're able to purchase drinks/snacks at the airport.
- Please buy American dollars in advance.
- American money should be in a labelled envelope or money bag and needs to travel with the students, securely packed in their hand luggage. Once at the hotel, money will be handed in to Mrs O'Neil, the banker, to ensure students budget properly. We will 'open the bank' at the start and end of the day for students to withdraw funds. This is purely to ensure students spend within their means. Any unspent money will be given back to students before departing to LAX.
- The amount you provide is at your discretion. Keep in mind they may want to purchase souvenirs, additional snacks and other items on their own accord on a day to day basis, however, we recommend approximately US \$120.
- Travelling with mobile phones is also at your discretion. Please check phone plans before travel or put in place rules for usage (i.e. turn data roaming off and only wi-fi use).
- We suggest leaving games, expensive jewellery, iPads/laptops and other valuables at home.
- **Esher High cannot be held responsible for any lost/damaged items so please stress the importance of keeping items safe while away on the trip.**

More detailed information will be passed on at the information meeting.

*Performing Arts Department*

