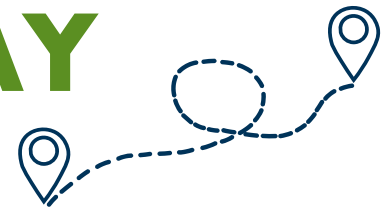




# TRAVELING AWAY FROM HOME



Going on a trip away from home can be exciting, but it might also feel a little overwhelming—whether you're going for a day, staying overnight, or spending a whole week away. This tip sheet is designed to help you get ready and feel confident while on your adventure!

You'll find helpful tips and advice to make your time away from home as smooth and enjoyable as possible. Let the fun begin, and remember: every trip is a chance to learn, explore, and create awesome memories!

## DAY TRIP:

Pack the Essentials:

- Bring water, snacks, a hat and sunscreen.
- Wear comfortable clothes and shoes.

Stay Hydrated and Healthy:

- Drink water regularly and try to eat balanced meals.

Stick With the Group:

- Stay close to your group or leader.

Have Fun, But Be Safe:

- Explore and enjoy, but make sure to follow safety rules.
- Take breaks when needed to stay energized.



## OVERNIGHT TRIP:

Pack Smart:

- Bring a change of clothes, pajamas, and a toothbrush.
- Don't forget your favorite book, toy or comfort item for bedtime.

Stay Organized:

- Keep your bag packed and tidy so you don't lose anything.
- Put valuables like your phone or wallet in a safe spot.

Communicate:

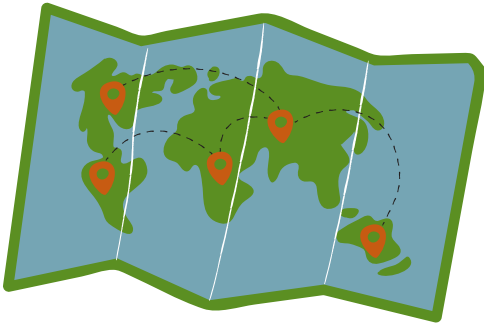
- If you feel homesick or uncomfortable, let a leader or friend know.
- Stay in touch with your parents when possible with a quick text or call.

Stay Hydrated and Healthy:

- Drink water regularly and try to eat balanced meals.

Sleep Well:

- Try to get enough sleep, even if it feels exciting to stay up late.



## WEEK-LONG TRIP:

Plan Ahead:

- Pack for the weather (raincoat, warm clothes, etc.).
- Bring extra snacks and anything that makes you feel at home (a small pillow, blanket, etc.).

Stay Hydrated and Healthy:

- Drink water regularly and try to eat balanced meals.

Set a Routine:

- Set small goals for each day (like meeting someone new or trying a new activity).
- Keep up with personal hygiene—shower, brush your teeth, and wash your hands often.

Stay Positive:

- It's normal to miss home, but focus on the fun things you're doing.
- Share your experiences with friends or a journal, and take lots of photos!

