

## **Song of My Heart Stampers' Mega Convention Checklist**

- Airline boarding passes, if flying
- Information for return flights
- Map or directions, if driving
- Government-issued Photo ID. Carry at all times; some places won't take CC's without ID
- Shuttle information or name of the TRAX station you will need to get off for your hotel
- Hotel registration confirmation, telephone number and address
- Emergency contact numbers for everyone back home, childcare, school, doctor
- Convention registration confirmation number
- Nametag and Badges or Tickets if they were mailed in advance
- Lanyard(s) if you have pretty ones: a generic black one will be provided when you check in
- Printout of Class/Track registration, if applicable
- Printouts of time/location of any swaps participating in
- Printout of daily agenda with swaps, team lunches, meetups with friends etc., written in
- Cell phone numbers of your team members programmed into phone
- Business cards to handout to people you meet on your travels
- Extra luggage tag for the bag we may be given at check-in
- Ribbon tied to handle or something to help quickly identify your luggage at the airport. Do NOT lock your suitcase as the TSA will cut the locks and search your bags.
- Notepad and several pens (or use convention booklet)
- Sharpie or labels to tag the free products you will receive
- Fully charged cell phone
- Cell phone charger cord
- Envelope to keep receipts in for tax deductions
- Two credit cards; one to use, other for emergency in case the first doesn't work. Some hotels require you to use the card under which you originally reserved the room.
- Set travel notifications for your credit cards in advance so they know you will be spending money out of state.
- Some cash for taxis, concessions, and for easily splitting a group restaurant bill. Get lots of singles for tips.
- Camera
- Extra memory card
- Camera charger or batteries
- Camera cord for downloading pictures
- List of photos you want to be sure to get
- Laptop or Tablet (optional) and cords
- Kindle or reading materials; charger cords if applicable
- Shoulder bag: even though we may get one at the event, it may not be comfortable to carry for three days, or large enough for your needs. Your regular purse is probably not going to hold everything you will need for the day as well as a water bottle, and it will not be helpful if you win products or have a big swap to carry around.
- Use a shoulder bag instead of a hand-held one so your hands are free to swap!

- Swaps: organized ones in labelled Ziploc bags
- Hard-sided container or shoebox box for packing swaps, preferably in your carryon in case something happens to your luggage (going and coming)
- Little gifts for your roomies, fellow team members, close friends. Something handstamped is great, or a little something from your home town or state is a nice touch.
- Keep a couple swaps with you at all times because you will be running into demonstrators all over the place, from the airport right through the very last day
- Snail or Glue Dots to repair swaps that came apart during the trip
- Extra large Ziploc baggies for efficiently packing up the swaps you'll receive.
- Snacks: salty, sweet (chocolate will probably melt) both for the trip and for the convention.
- Plan to buy a case of water bottles there—stay hydrated! Altitude sickness is a very real thing and water helps the symptoms. Don't overdo the caffeine because it will hurt, not help.
- Flavor packets for water bottles if you don't like plain
- Reusable, filtered water bottle (I use Britta)
- Gum or mints for after meals
- Couple of plastic forks/spoons for eating leftovers in your hotel room
- Wet wipes or baby wipes or hand sanitizer
- Pain reliever of choice (again, for altitude headache)
- Any medications you are on
- Heartburn chewables or digestive aids because the food will be rich
- Medications for anything you might be susceptible (like if you get colds from flying, or if you might have PMS that week, or might need a sleep aid if anyone snores)
- Bach Remedies brand Rescue Remedy Gum or Drops—fabulous for travel anxiety
- Dramamine or motion-sickness pills or drops if needed
- Ear Plugs—even if you think you don't want these! One pair for night and one in your tote bag for the REALLY LOUD convention center music and all the cheering.
- Nightlight or a little flashlight for the bathroom trips at night in an unfamiliar room
- Kindle clip-on light for night-time reading that won't disturb your roomies
- Deodorizer spray for a shared bathroom
- Deodorant—it will be VERY warm
- Chafe Relief Cream (a Monistat product) a godsend for heat rash, chafed thighs
- Contacts/glasses/cleaner/solution
- Shampoo, hair supplies, combs, tools etc. (hotel will have a blow dryer)
- Toothbrush, toothpaste
- Makeup, if applicable
- Jewelry, if applicable
- Sunscreen—very important with the altitude
- Sunglasses—the sunlight that high up is very bright
- Chapstick for altitude and dry convention center air
- Lightweight sweater or wrap for the very air-conditioned convention center
- Extension cord for sharing hotel room plugs
- Extra wire coat hangers for sharing hotel closet space (discard at hotel when done)
- Small travel fan—good for noise at night, room temps, and for clearing the bathroom of steam
- Downy Wrinkle Remover spray for clothes

