



San Diego Unified School District

MUIRLANDS MIDDLE SCHOOL
1056 Nautilus Street ♦ La Jolla, CA 92037 - 6299

(858) 459-4211
Fax: (858) 459-8075

Christine Hargrave
Principal

2007 East Coast Expedition

What NOT to Bring (or purchase on the trip):

- Expensive electronics (e.g. Playstations, laptop computers, Palm Pilots, camcorders)
- Valuable jewelry of keepsake
- Clothing that violates Muirlands dress code (except hats and sunglasses)
- Wallet chains
- Credit cards
- Uncomfortable clothing or shoes (e.g. platform shoes, high heels)
- Laser pointers
- Expensive sunglasses
- Prescription medications (chaperones administer)
- Annoying and disruptive items (e.g. smoke bombs, stink bombs, finger boards, squirt guns, super balls)
- Expensive collector cards
- Videotapes
- External speakers for personal stereos and walkmans
- Music with inappropriate and/or obscene lyrics
- Potentially dangerous items (e.g. lighters, knives, fake guns, darts)

What to Bring:

- Tour handbook
- Expedition ID cards and Muirlands ID card
- Clothing for wet and potentially cold weather
- Clothing for warm weather
- Comfortable walking shoes
- Clothing appropriate for theater
- Sunscreen, chapstick
- Extra batteries, postage stamps, quarters, film
- Snacks
- Phone card
- Diversions (playing cards, Game Boy, walkman with headphones, magazines)
- Compact umbrella
- Inexpensive, reliable watch
- Pen and pencil
- One piece of luggage to be checked with airline
- One carry-on bag
- Cash and traveler's checks in small denominations (total recommended not to exceed \$200)