

# Sojourn to the Past

A CIVIL RIGHTS EDUCATION PROJECT • TAKING HISTORY INTO THE FUTURE  
300 PIEDMONT AVE. ROOM 222 • SAN BRUNO, CA 94066 • 650.952.1510 • FAX 650.952.1691 • WWW.SOJOURNPROJECT.COM

---

## WHAT TO BRING

**Due to recent changes in airline policy you are allowed 1 suitcase and 1 backpack only. Your suitcase must weigh *under 50 pounds*. If your baggage is overweight, you will be required to pay any excess baggage charges. Also, do not lock your suitcase.**

### CLOTHES

- Coat or Jacket – heavy coat for February, lighter coat for March/April
- Gloves, Warm Hat, & Scarf – *no* baseball caps allowed
- Rain Coat or Umbrella
- Sweatshirt / Sweater x 3
- Pants x 3
- Tops x 10
- Socks & Underwear x 10
- PJs
- Walking Shoes x 2 – comfortable (& waterproof if possible)
- Dress Outfits – one for Sunday in Atlanta, one for last night in Memphis

You may **not** wear jeans, tennis shoes, or flip flops.

\*Everyday Clothes: casual, but appropriate. There isn't any sagging allowed and students must be appropriately covered on top and bottom (when your arms go above your head, your stomach is not showing).

\*Dress Outfits:

- Girls – Dress or Skirt & Blouse (no jean skirts); Dress Pants & Blouse / Sweater; Dress Shoes (no tennis shoes or flip flops)
- Boys – Collared shirt, Tie, & Dress Slacks (no jeans); Dress shoes (no tennis shoes)

### TOILETRIES

\*LIQUIDS & SHARP ITEMS MUST BE IN CHECKED SUITCASE.

\*PUT LIQUIDS IN ZIP-LOCK PLASTIC BAG TO PREVENT LEAKAGE ONTO YOUR CLOTHES.

- Any & All Toiletries that you will need for 10 days – there isn't any opportunity to buy personal items during this trip because we are constantly on the move.
  - Shampoo & Conditioner
  - Face Wash
  - Soap
  - Toothbrush & Toothpaste
  - Deodorant
  - Lotion
  - Sunscreen
  - Etc.
- Medications You Normally Take – be sure to list these on your medical form
- Tylenol or Advil
- Cold & Cough Medicine

## **ODDS & ENDS**

- All 3 Books – You must bring *Walking with the Wind* and *Free at Last* in your backpack on the plane.
- You must bring 100 Sheets of Binder Paper in your backpack
- You must bring Pens and Pencils in your backpack
- Camera & Film –camera charger / batteries, plenty of film (at least 5 rolls) / extra memory card (again, there is NO opportunity to buy personal items during this trip)
- 6 Large Plastic Garbage Bags – These will be used as overnight bags and to sit on outside on rainy days. They also can be used as emergency raincoats.
- Spending Money (\$150) – souvenirs and books recommended by Mr. Steinberg (If you buy pizza late at night, it's on you!)
- Phone Card – You will need a phone card to call home from your hotel room. Your family will have the phone numbers of each hotel and will be able to call your room at night.
- Watch / Alarm Clock – You will not have your cell phone with you. If you want to wake up at a certain time or know what time it is, you will need these items.
- Stamps – for postcards or letters to family and friends

## **IDENTIFICATION**

- School ID
- Drivers License
- Copy of Medical Card
- Copy of Dental Card