



**ASSOCIATED STUDENTS, INC.**  
California State University, Los Angeles

HHSX101 ASI ALTERNATIVE BREAK 2017-2018

Final Class Session: Notes for Travel

#### ASSIGNMENTS WHILE ABROAD

- In the Community Newsletter Presentations by Arlene, Leticia, Shahad
- Evening Group Reflections
- Morning & Afternoon Journals
- Logging Volunteer Hours
- Passion Project Submission and Presentation
- Official Certification General Information

#### GENERAL INFORMATION

- Health Waiver Submission Deadline 5/4
- Driver/Guide Tips Collection Deadline 5/4
- Volunteer Completion Deadline 5/4
- Altitude Readiness
  - First Aid kits in every hotel room, chaperone & venue
  - Drinking gallons of water only at least 4 days before departure
  - Walking around campus or your neighborhood, at least a mile a day
- Airport/Flight Information
  - Meeting time 8am-10am 5/29
  - Checked/carry on baggage
  - Emergency contact
- Don't forget to pack
  - Gardening gloves
  - Plastic bags to place wet clothes in
  - Machu Pichu Overnight—30 hours
    - 1 small to medium size travel bag/backpack/duffle
    - Water resistant sneakers for walking
    - Poncho or water resistant jacket
    - Hat to assist with sun or water
    - Bug spray travel size
- Exchanging of Money
  - Visa and Mastercard are accepted sometimes in larger cities
  - Transfer some funds from US Dollars to the Sol before departure
    - Check your bank or just do it in the airport