

# ***Long Island Symphonic Winds*** ***2018 Australia Tour***

## **GROUP LEADERS**

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New York World Projects agent: Karen Hammack  
Australia World Projects agent: TBA



**Friday, June 29, 2018**

Meet at **Terminal 8** – Qantas Check-In Area at:

**3:00pm**

**Be sure to leave ample time to get to JFK Airport. You will be traveling on a Friday through some of the most congested parts of the NY Metro Area.**

## **FLIGHTS**

### **TO AUSTRALIA**

**June 29, 2018**

- 6:10pm (EST) Depart JFK (New York) on Qantas Airways, Flight QF #12
- 9:00pm (PST) Arrive at LAX (Los Angeles)
- 10:30pm (PST) Depart LAX for SYD (Sydney) on Qantas Airways, Flight QF#12

**June 30, 2018**

- En route to Sydney – cross International Date Line

**July 1, 2018**

- 6:20am (AEST) Arrive at SYD (Sydney) 22h 20m min total travel time.
- Sydney is 14 hours ahead of New York (i.e.: 12:00am in New York is 2:00pm in Sydney)

[www.panynj.gov/airports/jfk-airport-map.html](http://www.panynj.gov/airports/jfk-airport-map.html)

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### **TO NEW YORK**

**July 10, 2018**

- 9:45am (AEST) Depart SYD (Sydney) on Qantas Airways, Flight QF #11
- 6:30am (PST) Arrive at LAX (Los Angeles)
- 8:20am (PST) Depart LAX for JFK (New York) on Qantas Airways, Flight QF#11
- 4:40pm (EST) Arrive at JFK and collect luggage. 21h 05m min total travel time.

## ***REALLY, REALLY IMPORTANT NOTES***

- Remember that while on this tour, you are an ambassador for your country. Appropriate behavior is EXPECTED and INSISTED UPON at all times. No possession or use of illegal substances will be tolerated on this tour. You are not to have anyone other than members of our tour group in your room at ANY time, and you are not to engage in the illegal services of any foreigners.
- Anyone found possessing/using illegal substances or engaging in illegal activity during any part of the tour – even if you are not caught by the Australian authorities – will be subject to immediate expulsion from the tour. Immediate transportation home will be arranged, and the offending person/family will be responsible for the entire cost. Should this occur, absolutely NO refunds will be provided for any missed tour activities.
- Although the legal drinking age in Australia is 18, University policy for sanctioned international trips dictates that while on this tour you are expected to follow our own national laws and standards when it comes to alcohol use. In addition, public intoxication– even by legally of-age individuals – will not be tolerated.

## ***TOUR PACKING LIST***

### ***SUITCASES AND INSTRUMENTS***

- Qantas allows up to **two** checked bags weighing no more **50 pounds for no extra charge**. However, since we all traveling on just one coach bus – and it is COMPLETELY full – it is **strongly recommended** that each traveler only bring **one** suitcase on the tour.

- **For those of you that play the following large instruments:**

**Bass Clarinet, Tenor Sax, Baritone Sax, Trombone, Euphonium, Tuba, Percussion**

You will need to check those instruments to go under the plane. You should add extra protection inside the case – some thin sheets of Styrofoam padding will work. This will help protect your instrument from damage. Your instrument MUST be in a hard case – no gig bags.

**Percussionists** – All seven of you will each be responsible for a trap case of additional percussion instruments that we will need to bring. You each will check your trap case at the airport as if it was your individual instrument.

For those of you checking your instrument, this will be your second checked bag.

You will also be allowed one small carry-on for the plane and one small personal item – like a purse or backpack. I would suggest a backpack that you can then use when we are sightseeing in Australia.

- **For those of you that play the following instruments:**

**Piccolo, Flute, Oboe, Bassoon, Clarinet, Alto Sax, Trumpet, Horn**

You will carry your instrument on the plane with you. You should have it in the lightest instrument bag/case possible. DO NOT have any reed knives, screw drivers or other sharp objects in your case. They will not pass through security and will be confiscated. Pack those items into your suitcase that you will check. Any valve/rotor/slide/key oil mist all be in a 3.4oz or smaller container and be placed in its own zip-lock bag.

You will also be allowed one small personal item – like a purse or backpack. I would suggest a backpack that you can then use when we are sightseeing in Australia.

## **THINGS YOU NEED TO PACK**

### **1. Concert Dress – Formal Attire for Indoor Concerts (2 concerts)**

- Men – Tuxedo with bow tie and black shoes and socks
- Women – Black dress (on the shoulder and floor length) or black pants/skirt and a black top (on the shoulder – no exposed shoulders please), and black shoes. Basically, all black.
- You may want to bring something to transport some of your concert attire to and from the performance sites. This would work especially well for tuxedo jackets. A lightweight garment bag (packed in your suitcase) should suffice.

### **2. Concert Dress – Relaxed Attire for Outdoor Concert**

- Men and Women – **Tour Polo Shirt** with khaki/tan slacks or long khaki/tan shirt. Appropriate shoes. Don't forget to pack your Tour Polo Shirt!!! Since it will be cool and you will be outside for this concert, you will also need to bring a long sleeved black undershirt to be worn UNDER your Tour Polo.
3. **Tour Music Folder** – the one you have been using in rehearsal. You will be responsible for your own music throughout the tour. If you lose any part of it, you will not be able to perform – which will DRAMATICALLY impact the whole group. We will not be bringing extra hard copies of the music – it would just be too much extra weight. You MUST be very careful and responsible with your music. You should bring this folder ON THE PLANE WITH YOU. To add an extra layer of backup, **I am STRONGLY requesting (requiring) each of you to SCAN each page of your music into your smart phone or tablet. This way we can print parts from your smart phone/tablet if your music is somehow lost. A GREAT app for this is called “Genius Scan.” Get the free one.**
  4. **Clothespins** (about 6) – We will have one outdoor concert and you can't predict the wind that might be present. You will need to negotiate these along with any difficult page turns you might have (please be sure to copy additional pages as needed to avoid having horrible page turns). Having said this, World Projects has indicated that they will have clothespins for us for this performance. My attitude though is to always be self-sufficient and not bank my success too much on what others say they will do – sooooo, I would suggest bringing some clothespins!
  5. **Tour Itinerary** – that way you'll know where we're going and when. Remember though, that the itinerary is subject to slight changes as the tour progresses. Also – be sure your family knows the web address of our tour website <http://www.jamesmcroy.net/2018-australia-tour.html> Our most current Tour Itinerary will be accessible on that website. You might also want to print out a copy for them to easily find and follow. The contact information for each hotel is on that itinerary.
  6. **Passport – original - must be carried with you at all airports – not in your luggage** and a copy for yourself (put in your suitcase). You should also make a copy to leave at home with your family. That way, if necessary (heaven forbid you lose it or its stolen) they could fax you a copy in Australia.
  7. **Daily Medications** – these should travel with you on the plane. You should also consider having a refill prescription with you in case you lose your medications and need to have them refilled while we're away.
  8. **Mobile (Cell) Phone** WITH your charger. You may want to investigate an international calling/data plan for your cell phone. Your provider will be able to advise you for sure that your particular phone will work in Australia and may even be able to provide you with discounted international roaming plans/rates. Purchasing an international calling card either prior to departure, or on arrival, can be an inexpensive way of calling home from public telephones. If you are traveling with a laptop or tablet, Skype can also be a free method of communicating with other Skype users at home.
  9. **Camera** WITH your charger or extra batteries.

10. **Books or a Kindle-type device** – that will really help pass the time on the plane. Remember that our flights to and from Australia will be during your normal waking-hour cycle. Don't forget that electronic devices need a charger and plug adapter!
11. **Electric Plug Convertor/Voltage Converter** – if you want to be able to plug in anything while we're there, you'll need to have an Electric Plug Converter. The plugs are different than in the USA. Australia uses a "Type I" plug. The electric current is different as well (230v in Australia vs. 120v in the USA), so whatever you want to plug in needs to have a dual voltage plug (most electronics already have plugs designed for that). If you're bringing something that doesn't have a dual voltage plug, you will also need to have a voltage converter. I've already sent you an email with some good suggestions for these. Also see the World Projects FAQ packet. You can also check out <http://electricaloutlet.org> for more information.
12. **Clothing** – the temperatures in Sydney while we will be there tend to average in the 60s (day) and to the 40s (night). It is their winter season. When we are in Cairns the temperatures will be warmer, ranging from the mid/upper 70s to the low 60s. You are the best judge of the clothes you will be comfortable in based on those temperatures. It would be a good idea to leave any expensive or flashy jewelry at home. You don't want to risk losing it, and you don't want to be a target for thieves. Avoid clothing that shows too much, i.e. miniskirts, short shorts.
13. **Laundry Soap and Bag** – it is possible to do some light laundry in your hotel room. With a liquid laundry soap like *Woolite*, you can hand wash anything from underwear to shirts and pants, and then hang them in your room to dry. You'll want to bring a laundry hanging line – easy to find in a luggage or travel store. You only need one of these per room though, so share the burden with your roommates. You'll also want your own laundry bag.
14. **Comfortable Walking Shoes** – you will be on your feet a lot as you go sight-seeing. Sneakers or closed-toe athletic sandals will be the best for all activities. Don't buy a new pair of ANY kind of footwear and bring them to Australia without FIRST breaking them in here at home. That's the best way to get painful blisters that will hinder your good time.
15. **Hat, Sunglasses, Sunscreen, and Bug Spray** – you'll be outside a lot as you sightsee.
16. **Rain Poncho** – you can buy a very thin and lightweight one of these that will take up almost no room in your suitcase. You never know what the weather will be like and you don't want to have your sight-seeing hampered by the rain. If you hate ponchos – consider bringing a travel umbrella.
17. **Personal Toiletries** – TSA regulations state that for carry-on items going through security, all liquids, creams, pastes, and gels are limited to 3.4 oz. (100ml) or less and should be in **ONE** clear plastic quart zip lock bag for easy inspection. Don't forget about your valve/rotor/slide/key oil that may be in instrument cases. If you pack your toiletries in your checked bag, I would suggest packing them in tightly zipped zip-lock bags to avoid any mess if there is a spill. BE AWARE of the difference in electric current. This will affect things like blow dryers (if you choose to bring one and not use the ones in the hotel), straighteners, electric razors, etc.
  - a. Each traveler must remove their quart-sized plastic, zip-top bag from their carryon and place it in a bin or on the conveyor belt for X-ray screening. X-raying separately will allow TSA security officers to more easily examine the declared items.
18. **Ear Plugs, Eye Mask, Inflatable Neck Pillow, and Compression Socks** – you might want some of these if you'd like to sleep on the plane. I will ABSOLUTELY be bringing mine!!! Regarding the Compression Socks, they are helpful on long flights like this if you have any type of circulation issues – even if you don't, they help keep your legs and body from feeling so fatigued on these type of across-the-globe flights. I've really found them quite helpful. You can find them at any CVS-type store.
19. **Currency, Credit Cards and ATMS, Security**

**Currency and ATMS** – The Australian Dollar (AUD) is the official currency in Australia. Notes are in denominations of \$5, \$10, \$20, \$50 and \$100. Coins are in denominations 5c, 10c, 20c, 50c, \$1 and \$2. A rough conversion rate is 1:75 meaning AUD\$1 will cost you \$0.75 US Dollars. For example, if something is advertised at AUD\$10 it equates to approximately \$7.50 US Dollars.

There are few different options when it comes to handling Aussie currency and obtaining it either in advance or in Australia

- One option would be to order Aussie currency online, via Travelex  
- <https://www.travelex.com> The cash can be delivered to your home and it is quite easy.
- Another option is to exchange some money at JFK airport. Those rates tend to be a little higher though.
- Then when in Australia we recommend utilizing a debit card to withdraw cash. We suggest making larger withdrawals only a few times, as every time you make a withdrawal the bank will likely charge a foreign transaction fee. It doesn't really make sense to pull out \$20 each day – better to make larger transactions less times.

In general, ATMs often offer the best exchange rates.

There are 8 lunches and 4 dinners in Australia that are not included in the tour package.

Budget approx. AUD\$10-15 per meal for lunch and approx. AUD\$15-25 per meal for dinner. A take-away or fast food option will be less.

**Credit Cards** – VISA and MasterCard's are accepted almost everywhere, while American Express and Diners Club are also accepted, but not as widely. Most retail stores accept credit cards and pin based debit cards as payment. As with bank cards, sudden international use could alert your credit card company to potential fraud and cause them to suspend your card use. Give your credit card company a call to alert them to your travel plans. When you do use your credit card, be sure to keep all receipts – don't throw away any receipts with your card number on them.

**Security** – You should consider purchasing an under-the-clothes travel pouch in which you can keep your money and passport. This is very helpful to avoid being robbed. You can purchase one of these from most luggage stores. Check out this website for some options:

<http://www.travelessentials.com/moneybeltsandpouches.aspx>

20. **A Flexible and Easy-Going Attitude** - don't pack this, keep it out and ready to use. This is a MUST for travelers. Things won't be like they are at home. You'll miss some of the conveniences to which you've grown accustomed. You will also be living and traveling in close proximity to everyone in the group. Getting along with each other is paramount for a successful tour. This will be a once-in-a-lifetime event, and you don't want to get bogged down in petty differences while you're there.

# Packing Tips

(compiled by KaraAnn Leone)

Assembled below are a few tips and lists for packing. After reviewing this, you may want to reconsider your luggage choices and consider sharing items with other tour members. If you have done a lot of foreign travelling you may not need this, but it should help folks who have not been outside the country very much.

The golden rule of packing for a foreign vacation:

**Lay everything out that you are going to pack.  
Walk away..... come back in an hour or so and take half of it away. Really!!!**

In general, make sure you do not over-pack. You would be surprised what you do not need.

## Carry-On:

- You are allowed one carry-on and one personal item.
  - A personal item could be a backpack, purse, etc.
  - Your carry-on will be your instrument if you are not checking it.
- Toiletries must fit comfortably in one, quart-size (7.5 inch x 8 inch), clear plastic zip lock bag.
  - Gallon size bags or bags that are not zip-top such as fold-over sandwich bags are not allowed.
  - Each traveler can use only one, quart-size, zip-top, clear plastic bag.**
- The maximum combined linear measurement (length + width + height) of carry-on bags must not exceed 14 inches x 9 inches x 22 inches (23 x 35 x 56 cm) or 45 linear inches (114 cm).
- In your “personal item,” you should have the following:
  - Passport!
  - Boarding pass (which you will get at the airport)
  - A copy of your passport to keep with you at all times.
  - Wallet (credit and debit cards, cash, driver’s license, insurance card)
  - Prescriptions (just in case baggage gets lost – only bring the bare essentials! Customs may stop you if you have too many drugs (like a giant 300 pill bottle of Advil).
    - If you need to take prescribed or over-the-counter medication, leave it in the original labeled containers. This precaution will make clearing baggage inspection easier. If you have allergies, reactions to certain medications or other unique medical conditions, consider wearing a ‘medical alert’ bracelet or dog tags or other similar warnings.
  - Medication that is required on a regular basis should be packed in your carry-on bag, not in the suitcase.** Please be sure your Group Leaders are advised of these required medications.
  - Jewelry, other expensive items (again, really try to limit these so you don’t risk losing them)
  - Itinerary
  - Band Folder – WITH ALL THE MUSIC IN IT!!! Remember that prior to departing we are requiring you to SCAN EVERY PAGE of your tour music into your smart phone or tablet. The scan app we recommend is called “Genius Scan” and you can download it free.
- You may want to consider:
  - A book, kindle, iPad – entertainment (this is a long flight!)
  - Camera
  - Personal journal and pen
  - Kleenex tissue pack
  - Travel pillow
  - Chargers for all electronic devices and an adapter (see below for adapter guide)
  - First Aid Kit (band aids and blister packs are really smart things to bring)
  - Dry snacks (We suggest buying these outside the airport as they are twice as much inside the airport. Beverages can only be purchased inside the airport and beyond Security, unfortunately)
  - Glasses and contact case

## Toiletries and Bathroom supplies:

- **First!** Talk to your roommate and see if there are any supplies you can share like:
  - Toothpaste
  - Contact solution
  - Hair products
- Our hotels will provide a hair drier and clothing iron, but if you must bring your own consider bringing the bare minimum and realize that you will need to purchase an adapter. You really don't want that much bulk with you as you travel.
- Here are some things you will want to check off and make sure you have:
  - Toothbrush, toothpaste, floss
  - Deodorant
  - Soap/body wash (hotel may have soap available) and facial cleanser
  - Shampoo and Conditioner (although nowadays most hotels provide these)
  - Shaving cream and as many razors as you will need for the week (or an electric shaver – w/electric adapter)
  - Lotions (face, body, whatever you need)
  - Comb/brush
  - Female items
  - Sunscreen, aloe vera, bug spray, cortisone cream
  - Make-up/cosmetics
  - Any medications you may need
  - Tide-to-Go pen or equivalent – you never know when you will spill something
  - Sunscreen/insect repellent
  - A “day” bag or backpack for when we go sightseeing
  - Charging cables for your electronic devices (and plug adapters)
  - Clothes pins for holding your music in place at the concerts

Weather while we are in Australia is going to be their winter. The temperatures in Sydney while we will be there tend to average in the 60s (day) and to the 40s (night). When we are in Cairns the temperatures will be warmer, ranging from the mid/upper 70s to the low 60s. The best way to be prepared is to have layers.

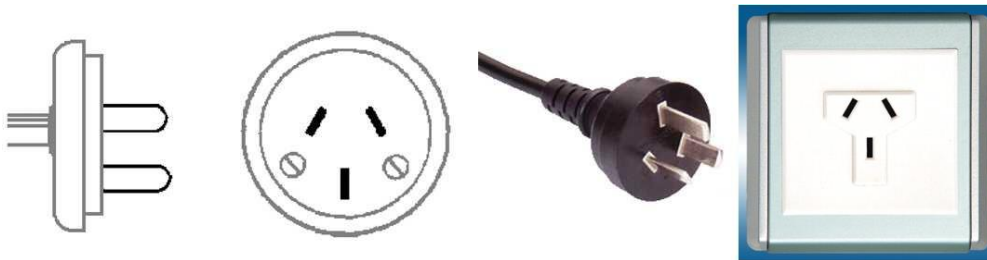
## Clothing:

- These are things that everyone **needs**:
  - Your tour polo, black long sleeved undershirt, khaki/tan pants or long skirt
  - Your concert attire (tux/black dress/skirt and shirt) and shoes
- These are things we recommend everyone have:
  - Rain or waterproof jacket
  - A pair of **extremely** comfortable walking shoes for all activities
  - A pair of light sandals
  - A nice outfit
  - Long pants
  - Pajamas
  - At least one pair of shorts
    - **PLEASE** do not over do the short and showy. We are professionals on our tour as much as tourists. Wearing a really mini, mini skirt may not be the best idea. We're not saying don't bring the shorts or mini skirt, just really evaluate the length before you bring it.
  - Twelve to fifteen shirts
    - We are traveling for a total of twelve days, so make sure that you pack at least one extra. Not fifteen extras, but at least one in case of an emergency. You can almost always find a shirt to buy while we are there, too, but don't count on that as your means for clothing.
  - Undergarments
  - Swim suits – for when we are at Cairns
  - A beach towel/blanket (these may not be available from the hotel for some of our excursions)
  - Whatever accessories you want for fashion, but always keep **suitcase weight** in mind (belts, jewelry, etc.)

## Other:

- Charging cables for your electronic devices
- An electrical adapter. Below is some information that should be extremely helpful:

- [www.australia.com/en-us/facts-and-planning.html](http://www.australia.com/en-us/facts-and-planning.html). Here is a website we found to be extremely useful with things to know before you go to Australia and things to know while you are there.
- **Voltage Converters/Transformer**
  - In Australia, the electricity supply is 230 volts AC 50 HZ and plugs designed for use in the USA will require an adaptor. Australia has what are known as “Type I” plugs (see image below).
- **Converter or Transformer**
  - Most small appliances such as cell phone chargers, iPod chargers, etc. will only require a plug adaptor however, some electrical appliances may require a transformer. If you have any medical equipment that operates via a plug, it is best to check with your medical practitioner or equipment manufacturer prior to travel.
- **Plug Adapters**



- **Extra Tips**
  - Drinking water in Sydney and Cairns is very safe when taken from the tap or faucet.
  - As a general precaution, all travelers are advised to carry a photocopy of the photo/bio information page of their passport and keep it in a location separate from the passport.

## Packing Tips:

- Make sure you keep all of your toiletries zipped in a plastic bag – the air pressure or simple jostling of luggage may cover your clothing in shampoo if you are not careful.
- Try not to bring giant bottles of toiletries – this is only a 12 day trip.
- Try to plan outfits (with the itinerary’s help) that share shoes, belts, pants, etc.
- Make sure you don’t go overweight
  - You have **50lbs** and you don’t want to waste it on shoes.
  - I swear, you will be so happy that you left that pair of shoes or those extra jeans when you pack your bag to go home with all the souvenirs you purchased.
  - Lay everything out, walk away, come back an hour later and take away a couple of items. Do this a couple of times and weigh it.
  - Share items with roommates (even clothing if you feel like it).
  - **Weigh your luggage with nothing in it.** If it weighs too much consider looking into a less expensive luggage.
- If you find that you still have more things to pack on the way home than you have room for, find a friend who has some pounds left over in their suitcase, or consider having a friend who either doesn’t have a carry on item or has extra room to help you bring it back.
- **Important!!** Speak with your doctor and see if you can get a prescription for medicine for traveler’s diarrhea. We are almost 97% sure none of you will get it, but we are not used to their germs and you never know. The prescription will be good for about 6 months. It can generally be taken at the first sign of symptoms. This is a very handy precaution for such an amazing trip.

With this, the general idea is pack as little as you can get away with.