

Wellness Activities



Stay Active



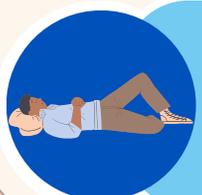
Practice Gratitude



Reflect on the Semester



Enjoy Time w/ Loved Ones



Get Plenty of Sleep



SORORITY & FRATERNITY LIFE

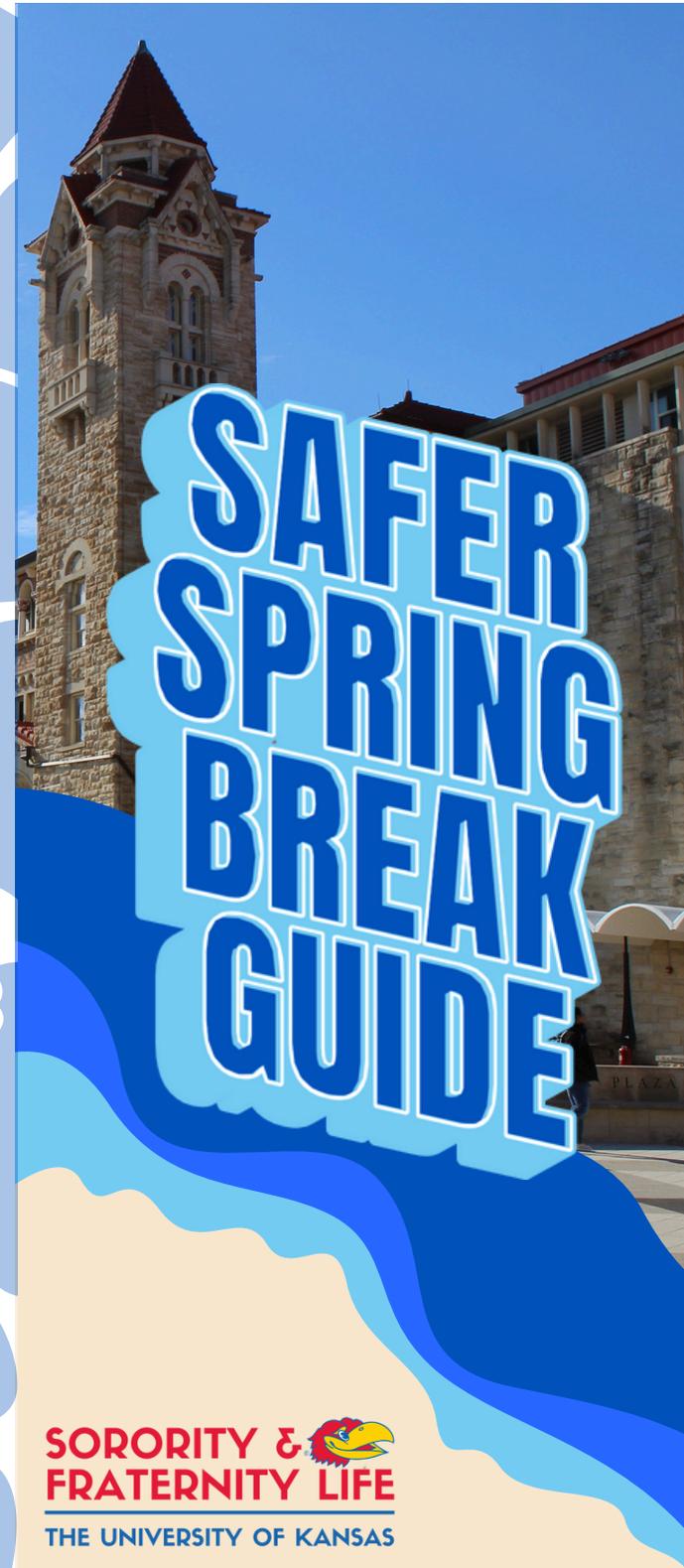
THE UNIVERSITY OF KANSAS

The Office of Sorority & Fraternity Life

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Have a safe and fun Spring Break!

This is not an exhaustive form for planning safe spring break trips. We encourage everyone to use additional campus resources, and connect with others in their travel group.



Packing List

Travel safety

Personal Safety

Sunscreen

Water Bottle

Cash & Debit Card

List of Important Phone Numbers (Family, Hotel, companion)

Warm Clothing Layers

Copy of ID

Portable Phone Charger

Healthy Snacks

Medical Insurance Card

Make sure to properly prepare for each destination you will be going to. Especially if you are in harsher conditions than normal.

- Share your travel plan (dates, destination, lodging) with a friend or family member who is not traveling with you.
- Research your destination!
 - Is there somewhere you can buy food, water and other needs nearby?
 - Where is the nearest hospital in case of emergency?
 - Check the weather forecast
 - Check for any travel warnings
- If you're driving – Get your vehicle inspected
 - Research your route
 - Plan for possible car trouble
 - Pack extra food and bottled water
 - Plan for breaks & rotate drivers
 - Prioritize driving during daylight hours
- If you're flying
 - Make copies of your ID and plane tickets in case the originals get lost
 - Verify that you will have cell phone service
- If using a Uber/Lyft to go from place to place
 - Share your location with friends, family, or significant other.
 - Avoid sharing rides with others not in the same group as you.

Follow all laws and any local guidelines that may be in place.

Keep your ID with you and avoid sharing information with people who you do not know.

Travel with a trusted group and if an emergency happens, contact emergency personnel.

Drink plenty of water and make sure to stay hydrated during your trip.

If you are of legal age for drinking alcohol and decide to do so, practice safe drinking.

Wear sunscreen and re-apply throughout the day.

Avoid sharing your location on social media.

