



Sample

Cardigan Mountain School Spring Break Lacrosse Trip Itinerary and Packing List

Thursday

11:00 am – 2:00 pm Airport pick-ups
2:00 – 3:00 pm Gather and meet at the hotel
3:00 pm Move in
3:30 pm Depart for afternoon practice
4:00 pm – 6:00 pm Afternoon practice at Seacrest Park Fields
2505 N Seacrest Blvd. Delray Beach Florida
6:30 pm Return to hotel
7:30 pm Dinner out as a team Location TBA
9:30 pm – 10:00 pm Free time around the hotel
10:00 pm Bed check
10:30 pm lights out

Friday

7:15 am Wake up room check
7:45 am Breakfast at the hotel
8:30 am Depart for game
10:00 am Game vs. Benjamin School (Lower Middle School Campus)
11000 Ellison Wilson Road, North Palm Beach, Florida 33408
12:00 pm Return to hotel; lunch on the way back
1:30 pm – 3:30 pm Free time at the pool, beach, and around the hotel
3:30 pm Depart for afternoon practice
4:00 pm – 6:00 pm Afternoon practice at Seacrest Park Fields
2505 N Seacrest Blvd., Delray Beach Florida
6:30 pm Return to hotel
7:30 pm Dinner out as a team; location TBA
9:30 pm – 10:00 pm Free time around the hotel
10:00 pm Bed check
10:30 pm lights out

Saturday

8:00 am Wake up room check
8:30 am Breakfast at the hotel
9:30 am Depart for practice
10:00 am – 12:00 pm Practice at Seacrest Park Fields
2505 N Seacrest Blvd., Delray Beach Florida
12:00 pm Return to hotel
12:30 pm – 2:30 pm Lunch and free time
2:30 pm Meet for practice
2:45 pm Depart for practice
3:00 pm – 5:00 pm practice/ team scrimmage at Seacrest Park Fields

2505 N Seacrest Blvd., Delray Beach Florida

5:15 pm Return to hotel
6:00 pm Depart for team dinner TBD
8:00 pm – 10:00 pm free time at the hotel
10:00 pm Room check
10:30 pm Lights out

Sunday

8:00 am Wake up room check
8:30 am Breakfast at the hotel
9:00 am Depart practice
9:30 am – 11:00 pm practice at Seacrest Park Fields
2505 N Seacrest Blvd., Delray Beach Florida
11:15 pm Return to hotel
11:45 pm – 12:45 pm Lunch and free time
1:15 pm Meet for game prep
1:30 pm Depart for game
2:30 pm Game vs. Sweatlax at Seacrest Park Fields
2505 N Seacrest Blvd., Delray Beach Florida
5:30 pm Return to hotel
6:15 pm Depart for team dinner and St. Andrew's Game Viewing
6:30 pm Dinner on the way to the game
7:30 pm HS Game St. Andrew's vs. Bergen Catholic at St. Andrew's School
9:00 pm Return to the hotel
9:30 pm Cleaning and packing
10:00 pm Room cleaning and packing, bag check, room check, and time in rooms
10:30 pm Lights out

Monday

7:00 am Wake up room check
7:30 am Breakfast at the hotel
8:00 am Depart for airport
10:55 am Southwest Flight 4563 to Baltimore
1:40 pm Arrive in Baltimore
1:40 pm - 2:30 pm Lunch and free time at BWI Airport
2:30 pm Southwest Airlines flight 3186 to Manchester
3:55 pm Arrive in Manchester
4:45 pm Depart for Cardigan Mountain School via CMS AVs
5:30 pm Dinner stop on the way back to campus
7:00 pm Arrive at Cardigan Mountain School

Packing List:

Lacrosse Bag, Clothing Bag, and Carry on bag

Extra spending money

All lacrosse equipment you will need for games and practices. (Helmet, mouth guard, shoulder pads, arm pads, glove, stick, cleats, athletic supporter and cup, and running/tennis shoes)

Please be sure to bring a Cardigan Practice Reversible Jersey with you. Along with all trip-specific special gear given out as part of the trip.

Extra cardigan greens and grays practice shorts and shirts.

Swimsuit

Five polo shirts for team dinners and travel

2-4 pairs of class dress shorts

Underwear for practices, games, and free/team time

Socks for practice, games, and free/team time

2-4 t-shirts for free time

Sleep / hotel loungewear

One pair of Khaki pants for travel home

Maybe one pair of jeans

Light Jacket for evenings and travel home

Extra tennis/running shoes

Beach shoes/flip-flops

Trip hat

Sunglasses

Sunscreen

Empty water bottle for practice games and free time

Bathroom gear: toothbrush, toothpaste, brush/comb, soap, shampoo, deodorant, and any medication or other items you may need.