



PREPARE FOR YOUR GHC TRIP

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Femprof

Sept 25, 2008

LOGISTICS

- On Sept 30, 2008 we will meet at
 - 4:00 AM
 - Place: ???
 - Who will go with who
- At the hotel
 - Suite 1 – Mariheida, Bárbara, Yajaira, Suzette
 - Suite 2 – Christine, Joralis, Yashira, Teresa, Nátali
 - Suite 3 – Nayda, Gladys
 - Suite 4 - Néstor
- On Oct 4, 2008
 - 4:30 AM
 - Hotel



LIQUIDACIÓN GASTOS DE VIAJE

- Recibos (someter a Dolly)
 - Hotel, boleto aéreo, renta mini vans
 - Comidas en aeropuerto (solo para GHC scholarships)
- Formulario de reembolso para GHC scholarships
- Devolver cash dietas



AGENDA DURANTE LA CONFERENCIA

- Reuniones mañaneras en tiempo de desayuno
- Reunión de todas las participantes de FemProf (UPRM-UHD)
- Workshops requeridos
- Workshops y conferencias de libre selección
- Reunión de profesoras/es de FemProf



GRACE HOPPER CELEBRATION OF WOMEN IN COMPUTING

○ **Conference Location**

- Keystone Resort and Conference Center
22010 U.S. Highway #6
Keystone, Colorado, 80435

○ **DATES: Oct 1 to 4, 2008**

○ **What you should bring to Keystone?**

- Business Card
- Resume
- Layers
 - Changing weather



WEATHER FORECAST

	Tues Sept 30	Wed Oct 1	Thu Oct 2	Fri Oct 3
High	61	63	59	58
Low	34	34	33	34

Make sure to be ready for some cooler weather, with temperatures in the day averaging around 63.7 °F/17.6 °C and 26.8 °F / -2.9 °C at night.



INTERNET?

○ **Internet Access**

- Complimentary high-speed WiFi is available in guest rooms, public space of the Keystone Lodge & Spa, and the Inn at Keystone. Keystone Suites offer complimentary Internet access.
- WiFi will be available at the Conference Center.
- A CyberCafe will be available at the Conference Center.



TO DO

- Print Maps
- Print Conference Schedule
- Get “anticipo”
- Get flight itinerary
- Get ID
- Get hotel/accommodations reservations
 - Reservation numbers are important.



TRANSPORTATION

- Air Transportation
 - Denver International Airport
- Ground Transportation
 - Mini Vans (Mayagüez – San Juan)
 - Mini Vans (Denver Airport – Keystone)



HIGH ALTITUDE

- High Altitude Illness is the result of sudden exposure to low atmospheric pressure and the subsequent lower intake of oxygen. Shortness of breath, loss of appetite, nausea, sleeplessness, headache, dizziness, and rapid heartbeat are symptoms of a phenomenon called High Altitude Illness.



HIGH ALTITUDE

- What to do?
 - Spend at least a day acclimating to the altitude
 - Avoid maximum physical exertion for the first 1-2 days
 - Stay hydrated with water and sports drinks
 - Drinking at least 3-4 quarts of water and sports drinks per day allows the body to stay hydrated.
 - All rooms in Keystone have humidifiers.
 - Use humidifiers in sleeping areas to keep sleeping areas moisturized.
 - Limit alcohol and caffeinated beverages
 - Keep in mind that one alcoholic beverage at altitude has the effect of three at sea level.
 - Avoid sleeping pills and narcotics
 - Avoid eating large meals
 - Eat small, low fat, high carbohydrate meals
 - Finish eating at least 3-4 hours before bedtime
 - Limit time in hot tubs and saunas



MEALS

- What meals are included in conference registration at no extra charge?
 - October 1st: hors d'oeuvres during the evening reception
 - October 2nd: continental breakfast, lunch, hours d'oeuvres during the evening reception prior to the Awards Ceremony
 - October 3rd: continental breakfast, lunch, dinner at the Sponsor Night event
 - October 4th: continental breakfast
- Check to which special meals your signed for.



GENERAL TRAVEL LIST

- **Things to do before you leave**
 - Unplug electrical stuff
 - Empty all trash cans
 - Memorize PIN codes to credit cards
 - Check out what hospitals are covered by your health insurance
 - Install or recharge batteries
 - Get maps
- **Clothes**
 - Underwear
 - Shirts
 - T-shirts
 - Shorts
 - Socks
 - Trousers (Pants, Jeans)
 - Sweater
 - Bra
 - Skirt
 - Shoes
 - Walking shoes
- **Optional clothes**
 - Belt
 - Swimming trunks (Bikini)
 - Pajamas
 - Jewelry
- **Clothes for cold weather**
 - Jacket (Wind breaker)
- **Money and documents**
 - Basic documents
 - Insurance certificate (Health Insurance card)
 - Cash
 - Credit/ATM cards (Visa, American Express etc)
 - Driver's license
 - ID card
 - Address list (with phone numbers and email addresses)
- **Optional documents**



GENERAL TRAVEL LIST

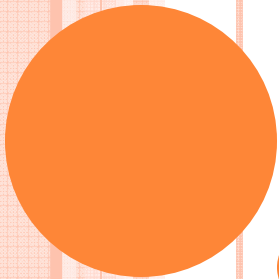
- **For carrying money and documents**
 - Wallet
 - Paper folder
 - Maps
- **Things for packing**
 - Small extra backpack (Knap sack, Day pack)
 - Suitcase
 - Pens
 - Sunglasses
 - Keys
- **Hygiene**
 - Toilet bag (Bathroom bag)
 - Shaving gel (Shaving foam)
 - Shaver
 - Toothbrush, Toothpaste
 - Shampoo
 - Deodorant
 - Sunblock lotion
 - Make-up
 - Tampons , pads
 - Comb , Hair brush
 - Moisturizer
 - Qtips
- **General health items**
 - Prescription medicine
 - Band-Aids
 - Pills, tablets and medicines
 - Motion sickness tablets
 - Fever tablets
 - Allergy pills (Anti-histamines)
- **General electrical items**
 - Cell Phone (Mobile Phone, Cellular Phone)
 - Charger to Cell Phone
 - Computer
 - Watch
 - Extra batteries for your camera, PDA, etc.
 - Digital Camera equipment
 - Digital camera
 - Memory cards
 - Battery charger for camera
 - Associated cables
 - Camera bag
- **Headphones**
- **Books, magazines**



TIPS

- Plastic bags.
 - Keep stuff from leaking. Ziploc.
- Cannot carry on liquids (more than 3 ounces)
 - You need a ziploc bag.
- Pack only the clothes YOU KNOW you will use. Plan ahead.
- Keep any medication and important papers in your carry-on bag.
- If you pack a flashlight or electric razor, remove batteries. (Do not turn on inside suitcase).
- Pick clothes that coordinate well together, based around complimentary colors.
 - Dark colors, a black dress or blue jacket, will get you through most dinners.
- With each item you intend to bring, visualize how to make it smaller. Streamline your daily habits. Bring only one bottle of all-purpose lotion instead of multiple lotions for hands, face and body.





HAVE A SAFE TRIP!