



**S.H.A.P.E. COMMUNITY CENTER, INC.**  
 SELF HELP FOR AFRICAN PEOPLE THROUGH EDUCATION

**28<sup>th</sup> ANNUAL FREEDOM TOUR**  
**WHAT YOU NEED TO KNOW**

1. **Parental Consent & Medication form must be completed for all medication**, including over the counter (aspirin, children’s Tylenol, anti-acid, cough medicine, etc.) and/or prescription medications. Freedom Tour Staff or Group Leaders are not responsible for the care of any child whose parent has not given the needed medication to the proper person for coordination.
2. Books, camera, and film are permitted. **Items must be approved prior to the trip by Freedom Tour Staff.** Walkman or radio cassettes are not permitted because monitoring the type of music children listen to will be difficult.
3. Please remember Freedom Tour Staff or Group Leaders are not responsible for lost items.
4. Luggage must be in good condition with a lock or latch that stays closed.

**YOU WILL NEED ENOUGH ITEMS TO LAST FOR FIVE (5) DAYS.**  
**CLOTHING SELECTED MUST BE IN KEEPING WITH THE DRESS CODE.**

**\* PLEASE LABEL ALL YOUR CHILD’S CLOTHING/ITEMS**

• **CLOTHING**

Underwear	Swimwear (girl/one piece swimsuits)	Sweater/Jacket	Tennis Shoes	Belt	Shorts (no daisy dukes)
Sweepwear	Long sleeve shirts	Shoes/Socks	Long Pants	Caps	Tee Shirts

***Children need to bring an outfit appropriate for wearing to a place of worship.***

• **TOILETRIES**

Toothbrush & Toothpaste Wash and Bath Towels Soap	Deodorant Lotion Body Powder	Hair Necessities Sanitary Pads
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We will **depart** Monday, March 12, 2018 at 5:00 a.m. from S.H.A.P.E.’s Family Center, 3815 Live Oak. Please arrive one hour (at 4:00 a.m.) before departure.

Also, before boarding the bus, each person will be given two (2) S.H.A.P.E. Identification Cards.

We will **return** on Thursday, March 15, 2018 at approximately 11:00 p.m. to S.H.A.P.E.’s Family Center, 3815 Live Oak