

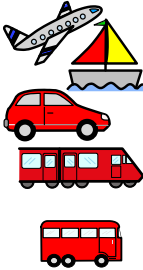









Dear.....

Name of activity.....

Date.....

What should I wear and take? 		What time will I leave to go there? 	
How will I get there? 	With whom? 	Who will be there when I get there? 	
What will it look like?  			
What will happen next?	Will I get food and drink?  	How long will I be there? 	
What can I do if I feel stressed? Where can I go?		How will I get back?	