

FOR THE STRENGTH OF COUSINS 2023- NORTH CAROLINA

Date	Time	Activity	Notes
Tuesday, 8/8		Dinner	Burgers on the Grill, Brownies with ice cream and chocolate sauce
		Devotional Speaker:	
Wednesday, 8/9	6:00AM	Cousins Up Breakfast	Cereal, Bagels, Egg McMuffins Early departure should be fine because most of us will still be on Mountain time.
	7:00AM	Leave for Washington DC	5-hour drive
	12:00	Lunch enroute	Restaurant
	1:00	Arrive in DC	
	1:00	Smithsonian Museums: American History Natural History National Gallery African American History	We can divide into groups based on interests.
	6:00	Dinner	Restaurant Nearby
	After Dinner	See Monuments at Night	There's a 2-hour (2.2 mile) walking tour map at gpsmycity.com -- <ul style="list-style-type: none"> • Washington Monument • World War II Memorial • Vietnam Veterans Memorial • Lincoln Memorial • Korean War Veterans Memorial • Martin Luther King, Jr. Memorial • Franklin Delano Roosevelt Memorial Thomas Jefferson Memorial
	10:00?	Sleep	Hotel: Hampton Inn 5821 Richmond Hwy Alexandria VA 22303 16-minute drive from National Mall
Thursday, 8/10	8:00AM	Breakfast at Hotel Pack Up	<ul style="list-style-type: none"> • Included

	9:00AM	Arlington Cemetery	Changing of Guard every 30 minutes
	10:30	Holocaust Memorial Museum	We have 28 tickets. Entry time 10:30-10:45AM *If some people would rather return to the Smithsonian museums, they can also choose to do that. Leif went to this museum recently and is hoping to see something new.
	1:00	Lunch	Restaurant
	2:00	Air and Space Museum	
	3:45	National Archives	We have 28 tickets for 3:45.
	4:00ish	Return Drive to NC	5-hour drive
	6:30PM	Dinner enroute	Restaurant
	10:00	Arrive Home	
Friday, 8/11		Breakfast	Pancakes, Sausage, Fruit
	10:00	Leave for Raleigh Temple	30-minute drive to temple. They'd like us there 30 minutes early.
	11:00	Temple Appointment	Appt in Cheree's name
	1:00	Lunch back at Institute	Sandwiches, Chips, Fruit
	2:00	FSY Classes at 2:00, 3:00, and 4:00 Nate, Rob, and Tim	
	6:00	Dinner	Hawaiian Haystacks, Grant's Cookies
	Evening	Ultimate Frisbee, Soccer	Turf Fields or Indoor Practice Facility
	9:00	Cousin Devotional-Ryan	
Saturday, 8/12	9:00	Breakfast	French Toast, Berries
		UNC Ropes Course or tour college campuses	We could also just have free time here.
	11:30	Lunch	Baked Mac & Cheese, Breadsticks, Watermelon

	12:30	Leave for lake	50-minute drive from UNC to lake
	1:30	Fantasy Lake	Session runs 2:00-4:00 but must arrive 30 minutes early.
	4:30	Drive back	50-minute drive
	6:30	Dinner	Pizza, Salad
	9:00	Cousin Devotional-Cheree	
Sun, 8/13		Breakfast	Pancakes, Eggs
		Church	
		Lunch	Chicken Nuggets, Roasted Veggies, Melon
		Hang out at Webb's House	
		Dinner	Spaghetti, Salad, French Bread, Veggies
		Testimony Meeting	
Mon, 8/12	8:00	Breakfast	Cereal and Oatmeal
	8:45AM	Leave for Airport	

Additional Snacks: Chips, Licorice, Nuts, Caramel Corn, Fruit Snacks, Candy, etc.

Packing List

Swimsuit

Towel (for lake and everyday use)

Toiletries (shampoo, soap, toothbrush, toothpaste, deodorant, hair care, sunscreen, etc.)

Daypack

Water bottle

Sunday clothes for church and temple

Clothes, socks, underwear for 6 days

Good walking shoes

Jacket or sweatshirt

Pajamas

Journal/Scriptures

\$100 for restaurants/snacks

Blanket & Pillow*

Air Mattress or camping pad (like a Thermarest) *

Flight Info and Identification