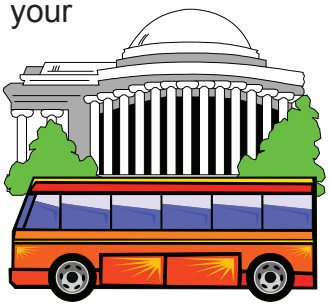
What to expect at the National Science Bowl®

(the REAL questions) . . .

All transportation is scheduled by NSB—do not make your own arrangements. On Thursday, a shuttle bus will bring you and your luggage from the airport/train to the 4-H Center. Check www.tsa.gov for travel security tips. The first meal provided is Thursday dinner, so you should bring or purchase breakfast/ lunch during your travel to DC. There is an ATM, snack/soda machines, and gift shop at the 4-H



Clothes (sweater, rain gear, regional t-shirt, casual clothes, sneakers), shampoo, toothbrush, other toiletries, maybe a pillow, lucky trinkets, any textbooks (to cram), and camera for sightseeing. Remember to pack liquids in checked luggage or carry small toiletries (3 oz.) on plane in a clear plastic bag. Don't bring jeans with holes, midriff or strapless tops, drugs, weapons, alcohol, or tobacco products. Each room has a bathroom, tv, beds, linens, towels, and soap. For the awards ceremony on Monday, bring black or navy skirt/pants and dressy shoes to wear with the special polo shirt provided. No cargo or khaki pants on Monday.

Yes—there's a phone in every room, but you are responsible for long-distance calls. (Parents—both the in-room televisions and the cyber café computers have parental controls. Parents can call the 4-H Center at 301-961-2801.) Wireless internet access is available in most common areas.

Play on the basketball court, arcade games in the game room, board games, play volleyball, check your E-mail in the cyber café, or hang out in the lounge. On Sunday, there will be an opportunity to attend an interfaith worship service on campus.

Visit the 4-H Center on the web at
http://www.4hcenter.org