

# JP+ CONFERENCE PACKING LIST:

*Compliments of Tiffany Radtke*

*(An NMD in the making)*

- Juice Plus+ capsules/chewables (of course)
- JP+ Complete mix & a refillable water bottle, since most Continental breakfasts aren't too healthy.
- Your entire team's "CELL" phone numbers
- Cell phone/ cell phone charger (keep it on vibrate)
- Airline tickets
- Drivers license or ID
- Conference Itinerary
- Hotel reservations
- Airport transportation info (taxi, shuttle, rental, etc.)
- Swim suit & flip flops (for the hotel pool/spa)
- Comfortable clothes (there's no dress code, but majority of the people wear casual business attire).
- Comfortable shoes (we do lots of walking); this isn't the time to break in new shoes.
- Sweater or light jacket - it gets cool at night and the air conditioned buildings can be chilly too.
- Earplugs, hand mirror & an extension cord for the hotel can come in handy when room sharing.
- Take along extra snacks (apples, grapes, muffins, nuts, pretzels, tangerines, granola bars, trail mix, dried fruit, etc.) so you won't have to miss any of the awesome business trainings just to eat.
- Pre-addressed Juice Plus+ postcards. It's a great way to let your customers & team members who couldn't come, know what you're learning. You can share your excitement about something you think they'd be interested in, let your prospective teammates know what a great time you're having and what's inspiring you.
- You'll want to pack an extra travel bag or at least leave some empty space in your suitcase, so you can carry back with you, all the great purchases from the JP+ Promotions' store.  
*NOTE: If you're flying, be sure to consider any extra baggage fees/weight limits.*
- Tissues for all those emotional, yet inspiring National Marketing Director Speeches.
- Pens, highlighters and paper to take lots of notes and highlight the important action steps that you learn and want to implement right away.
- Camera/camera charger – to capture all the priceless memories.
- Decide which breakout trainings you want to attend BEFORE you even get to the conference.
- Your Juice Plus+ business cards to exchange with other reps you meet & want to stay in touch with. I like to jot down what we talked about on the back of the biz cards I receive, to help me remember why I asked for their card, once I get home.
- 3 Memory Joggers (1 for the Tower Gardens, 1 for Juice Plus+ and 1 for our Juice Plus+ Business). While you're listening to all the wonderful speakers, so many people often come to mind and I found it really handy to immediately write them in my Memory Joggers, so I don't forget later on.

# JUICE PLUS CONFERENCE TIPS:

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**WHAT TO WEAR:** Most importantly, make sure you're COMFORTABLE, so that you'll be able to enjoy yourself. With that said, there's no specific dress code. You can dress as casual or dressy as you'd like. I prefer to dress in casual skirts/pants or even jeans with casual/dressy shirts. (Dressing in layers will ensure that you're comfortable regardless of the temperature changes).

**BOOST YOUR IMMUNE SYSTEM:** Be sure to take extra Juice Plus+ before, during & after the conference. Most of us rarely get enough sleep, because we're so busy having fun and connecting with fellow Juice Plus+ friends & sometimes our immune systems may become a bit compromised.

**SHOP JUICE PLUS+ PROMOTIONS:** Visit: [www.JuicePlusPromotions.com](http://www.JuicePlusPromotions.com), and print a wish list by you'll know what you'd like to purchase (with no shipping fees). Important items to look for: The newest tools: CD's, DVD's, Brochures, etc.

**NOTE:** Try to shop on Wed. or Thurs. or before/after the conference sessions, **BUT NOT DURING THE CONFERENCE**, because you don't want to miss all the great speakers. We can always shop online later, but we may not get a 2nd chance to hear these speakers again!

**TAKE NOTES:** Retention is so much higher when you write it down, so it's really important to take notes with the intention to share what you learned with your customers and your team members. Some great places to share notes with each other is at the hotel, or sitting by the pool or even on the plane ride home:

*Listening only = 20% personal retention*

*Listening and writing = 40% retention*

*Listening, writing and teaching another = 80% retention*

**TAKE LOTS OF PICTURES:** You may even want to post them on Facebook, email them to your family/friends, and share them at your team potlucks, to help build VISION!!! Who knows who'll end up joining you in this business, just from seeing in the pictures all the FUN we have while attending our National Conference!

**ALWAYS ARRIVE 30 MINUTES EARLY** to the Prevention Plus+ Lecture on Thursday night and all the Conference sessions, to get good seats.

\* Take it all in \* Develop new friendships \* Get inspired \* Have a great time