



SAA Convention

CHECKLIST 2024

Be prepared. These are ideas and provisions that past conventioners have found helpful at convention. If you have other items that you think would be helpful to list, please pass them along.

- Obtain passport if outside USA.
- If you have travel or legal restrictions, be sure to check the laws which may apply, both in your local area and for the convention site (Columbus, OH).
- Look up info on the host city in case there are things you'd like to visit while in the area. A good city map may also be helpful. The convention website has many useful ideas and links to get you started.
- Look up transportation options from the airport to hotel prior to arriving and have a plan.
- Cell phone and charger. Bring your call list from your home group and make several calls a day back home, letting them know what you are doing. By including them and planting the seed you may be inspiring a traveling partner for next year!
- Bring your Green Book, or if you don't have a copy, buy one at the convention. Read something from the Green Book every day.
- If you want one (even if you have a sponsor back home), get a convention sponsor.
- Take careful notes of workshops, focus groups, and service committee meetings for back-home reporting.
- Go to at least one SAA meeting each 24 hours.
- Get outside, breathe fresh air. Once in the morning and once in the afternoon, even if it's raining!
- Ask yourself every day, what have I done to feel good today? Every couple hours, remind yourself what you have already accomplished.
- If you feel overwhelmed, remember you cannot do *everything* at the convention, so choose what to do and let go the rest. Mini-prayers are excellent relief from the feeling of being overwhelmed with goodness.
- Travel with a friend (or friends) who have been before and know what they are doing.
- Avoid alcohol and regulate your diet.
- Keep a photocopy of your passport, visa, plane tickets, and emergency numbers separate from originals and extra medication and prescription info in case baggage is lost.
- Bring cards with your phone and email address printed on them for all the friends you'll want to stay in touch with, and an address book for recording theirs.
- Photos (Be sure to ask permission prior to taking anyone's photo, to honor anonymity and personal boundaries.)
- Money belt (insurance card, driver's license, traveler's checks, etc) with extra money for 7th tradition contributions, bookstore items, and fun around town.
- Create a travel spending plan.
- For those on different food plans, request a mini fridge or microwave in your hotel room and bring your food with you, or plan on buying it when you arrive.
- Keep hours that will help you make the most of your time at convention. Don't stay up too late if you need to get sleep for the next day's events. And get up on time.
- Make plans with friends (new or old) to share a meal.
- Bring luggage with wheels and a backpack.
- Don't over pack.
- Secure identification tags for your luggage.
- Nice outfit to wear for the evening festivities, etc.
- Portable meditation cushion or stool.
- Sunscreen & swimsuit
- Comfortable shoes
- Laptop
- Journal
- Earplugs
- Pace yourself. Bring an open mind. Take some quiet time each day to rest, reflect and rejuvenate. Choose a positive attitude. Expect the unexpected. Enjoy!

Convention... a healthy habit!