

CONFERENCE PACKING LIST:

Compliments of Tiffany Radtke

- ❑ Juice Plus+ capsules and/or chewables (of course)
- ❑ JP+ Complete mix & a refillable water bottle, since Continental breakfasts aren't too healthy.
- ❑ Cell phone & charger
- ❑ Portable battery charger is sure handy if your cell phone battery doesn't last all day.
- ❑ Conference ticket printout
- ❑ Hotel reservations address, phone number and confirmation information
- ❑ Drivers license or another form ID
- ❑ Airline tickets or download your airline app on your phone
- ❑ Airport transportation info (car rental, taxi, shuttle, Uber, Lyft, etc.)
- ❑ Swimsuit & flip-flops (for the hotel pool/spa)
- ❑ Comfortable shoes-we do lots of walking, so this isn't the time to break-in your fancy new shoes.
- ❑ Sweater or light jacket – Even if it's hot outside, the air-conditioned buildings can get chilly.
- ❑ Earplugs, hand mirror & an extension cord for the hotel all come in handy when room sharing.
- ❑ Extra snacks, (apples, grapes, tangerines, carrots, celery, muffins, nuts, pretzels, popcorn, Complete bars, granola bars, trail mix, dried fruit & of course some chocolate). This way you won't miss any of the breakout trainings standing in line to buy food.

EXTRA TIP: You may want to bring along some napkins and hand wipes too!

- ❑ I bought a refillable water bottle that has a filter built into the spout, so I can easily stay hydrated.
- ❑ Pre-addressed cards/postcards – It's a great way to let your customers & team members who couldn't come, know what's inspired you and what you're learning about during the conference.
- ❑ I always pack an extra travel bag or at least leave some empty space in my suitcase for all the great items that I buy from the JP+ Promotions' store.

EXTRA TIP: If you're flying, take into consideration extra baggage weight limits/fees.

- ❑ Kleenexes for all those emotional, yet inspiring National Marketing Director Speeches.
- ❑ Either an iPad/Tablet or pens, highlighters and paper to take lots of notes. (I highlight the best things that I learned and want to implement right away.
- ❑ Your Juice Plus+ business cards. It's fun to exchange with other reps that you meet. I like to jot down what we talked about on the back of the biz cards I receive. This helps me remember why I asked for their card, once I get home.
- ❑ Print 3 Memory Joggers! (**1=Tower Gardens**, **1=Juice Plus+ products** and **1=Business**). As you're listening to all the wonderful speakers, so many people often come to mind and I found it handy to immediately write their names down in my memory joggers while I'm thinking of them.

JP+ CONFERENCE TIPS

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DOWNLOAD THE JUICE PLUS+ CONFERENCE APP: Just go to your cell phone's app store and download the app called: **Juice Plus+ LIVE!**

WHAT TO WEAR: Most importantly, make sure you're COMFORTABLE so you'll be able to enjoy yourself more. 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: Take "extra" Juice Plus+ before, during & after the conference. Most of us rarely get enough sleep because we're so busy having fun connecting with our Juice Plus+ friends & sometimes our immune systems may become a bit compromised.

SHOP JUICE PLUS+ PROMOTIONS: www.JuicePlusPromotions.com ahead of time & print a "wish list" so you'll know what you'd like to purchase at the conference.

TAKE NOTES: Retention is a lot higher when we write things down, so it's really important to take notes with the intention to share what you learned with your customers and team members.

Listening only = **20 %** personal retention

Listening and writing = **40 %** retention

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

SNAP LOTS OF PICTURES: Post them on social media and be sure to use these hash tags: [#JPcon](#) [#JPLive](#) [#JuicePlusConference](#). You may want to text them to your family/friends and share them at your team potlucks to help build VISION! You never know who'll end up joining you in this business just from seeing the pictures of all the **FUN we have!**

KEEP YOUR CELL PHONE ON VIBRATE: For obvious reasons, but also because it's noisy & is often hard to hear. I keep mine on vibrate & in my pocket, so I can "feel" it going off.

ARRIVE EARLY to the convention center, so you can get seats with all of your team members.

NOTE FROM CORPORATE: In fairness to everyone, we're NOT allowed to save more than ONE SEAT PER PERSON!

FRIENDSHIPS: Our Juice Plus+ family is filled with some of the most engaging, passionate and interesting people. Be sure to make friends with as many Juice Plus+ reps as you can while you're there. Each conference will eventually feel like a reunion and you'll look forward to seeing those familiar faces.

*** TAKE IT ALL IN * DEVELOP NEW FRIENDSHIPS * HAVE FUN!**

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