

# Tips from the RBD

Here are some tips from the RBD! These are things we wish we knew before we went to our first conference.

1. Make sure to do all your homework as early as possible the week before PACURH! There will not be an ounce of time you will want to spend on homework while cheering for your school or catching up on sleep during the drive/plane ride.  
– Jimmy Kelly, RTC
2. Use the RBD, National Execs and Conference Staff!!! We are all here to help you. Also bring paper copies of all of your affiliation documents! This way if there are issues when you get to PACURH you can fix them :)  
– Angela Galipeau, CRCC
3. I wish I had known that as a NCC/NRHH/President I wouldn't get to see my delegation very much due to boardrooms.  
– Ashley Day, ADNRRH
4. Make sure your NRHH constitution is approved before you get to conference or you will not be able to affiliate.  
– Ashley Day, ADNRRH
5. Make a master check list of EVERYTHING you need to bring the week of the conference. You will be stressed the couple days before and it will be easy to forget something or brush over the tiny details. Having a list will keep you on track so you don't have that horror of realizing you forgot something on the plane.  
– Conor McLean, NRCC
6. Bring different spirit items and boardroom gifts so that you can recognize and express your appreciation for your fellow NCCs at conference. Candy is always appreciated, as are small notes, cards - even include photos that you may have from a past conference! Spirit items and images are another means of sharing creative and innovative ideas...which is what PACURH is all about.  
– Cory Welsh, SRCC
7. Keep a daily journal of all the things you did so you can remember to write it down when you get home so that next year's group can improve on what you all did this year and can gain full benefits of the conference.  
– Rich DeShields, Advisor