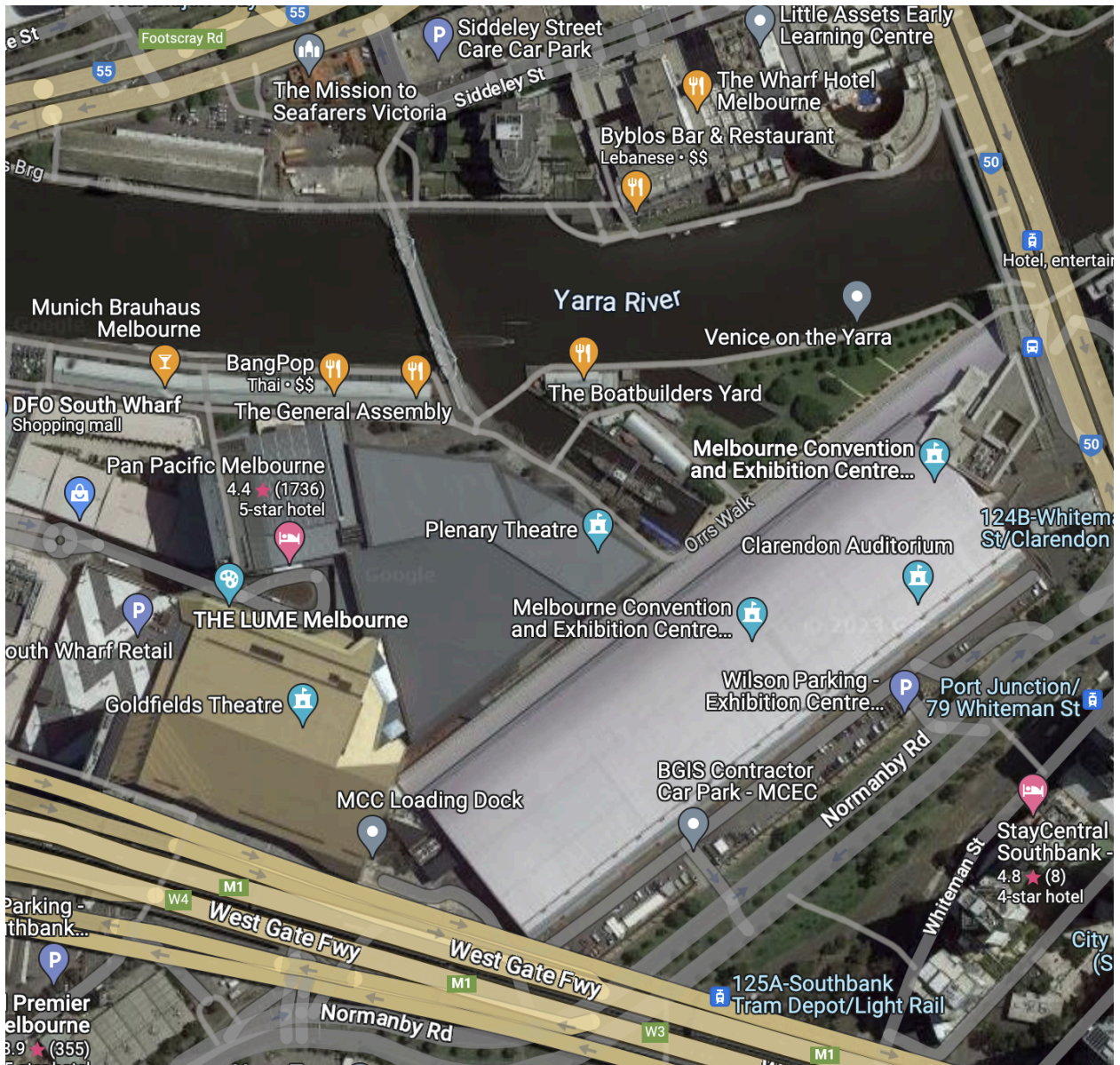


We've created this CONVENTION GUIDE with everything you need to know as you plan for the magic that is about to happen - enjoy!

Visit our team page here too: livingwithessentialoils.com.au/convention

First:

- [Watch this](#) for an instant excitement high 🙌
- Open + Print our team scavenger hunt: bit.ly/lweoscavengerhunt
- There are quite a few events that take place before + after convention to support you in your health + business journey. Click Here to see them all.
- Plan to [meetup with us at the Boatbuilders Yard on Fri night](#) at 6:00pm for our team dinner, team swag + group photo!



We are pumped to cheer on these leaders for achieving a new rank this past year

Before You Go / Packing Info:

- 👉 LOOK OUT FOR Jodi's blog post for you with all the healthy + virgo things + ways to pack :)
- 👉 Registration Confirmation / Personal Information Edits: To confirm your convention registration and make any personal information edits please login to your convention ticket acct.
- 👉 When packing remember that comfort is king! You will see a wide variety of people dressed in every way possible. You will be sitting for many hours and doing a lot of walking in between sessions and during lunch. Just consider your personal comfort- and dress accordingly.
- 👉 Don't forget to boost your body's immune support before you travel and while you're there. Even dōTERRA people carry germs!! Start taking your OnGuard Softgels, 1/day for 5 days before the trip through 5 days after. Add 2-3 drops OnGuard to the diffuser each day. It is also a great idea to have the beadlets on hand throughout the day just in case you need an added boost.
- 👉 Bring Lip balm and body lotion - altitude and a drier climate can be uncomfortable for sleep/skin.
- 👉 Bring a diffuser for your bedroom at night.
- 👉 Bring your stainless steel bottle for water (no glass allowed)
- 👉 You will want to consider bringing a backup battery or travel charger for your phone or tablet so you can take lots of photos and not worry about running out of juice. Healing Hands sometimes sell them there if you do not have one. They are \$20-\$30, very much worth it and supports a great cause.
- 👉 You will be snapping a LOT of pictures - make sure you have cleared your phone of excess pictures and videos before convention so you have room available on your device. And do a backup before you leave home.
- 👉 If you plan on doing a lot of shopping, consider placing a carry-on suitcase inside a larger suitcase on the way out so you can carry products from the dōTERRA store + other vendors home with you. Pack lighter to go out and expect to bring back more. There is also an [Australia Post in South Melbourne Central Shopping Center](#), if you prefer to do that.
- 👉 Tag your bag. dōTERRA spoils attendees with a new dōTERRA backpack (and they're a great quality), a notebook, pen, and booklets, so don't feel like you need to bring that, BUT bring a luggage tag or something to help your luggage and new backpack stand out as your own in the crowds since everyone will have the same exact backpack.
- 👉 All if this being said, don't panic if you forgot something- you are in close proximity to 35,000 friends and in the heart of downtown of a major city- there is quite literally nothing you forgot that you can't buy on location.

Getting There:

Oils for travel + Convention Success:

- For motion sickness, try using DigestZen or Peppermint to calm the stomach.
- DigestZen + Terrazyme to keep your digestive system on track as you eat out.
- Use Balance for the stressful moments of travelling, such as getting to the airport and through security on time.
- On Guard to help support your immune system - And bring the spray!
- LLV- Don't forget to bring your vitamins / supplements with you. You are going to be shoulder to shoulder in a large crowd for days - you will want to support your immune system and maximise your nutritional balance.
- If you need Ice Blue Rub, On Guard toothpaste, or shampoo and conditioner, but you're only taking a carry-on, try bringing the samples instead of the tubes.
- Easy Air - Between the dry air, high altitude, and unpredictable climate, you will want to keep your respiratory support on hand
- Cypress - Great to rub on calves, feet, back of legs to help with circulatory support
- Frankincense - A drop or two on top of the head will help keep you grounded and "present" to connect with the information
- Lavender Peace + Serenity Softgels - With the information overload convention brings, using these to help with a restful night's sleep will help you reset for tomorrow
- InTune - Anything that helps you focus on this information will help you retain it
- Check out this [short vid](#) from doTERRA!

➔ Everyone seems to have a different experience when travelling with oils and rules and regulations often change. If you are travelling within Australia, be sure to do your own research into the security regulations. Checkout [this link](#)

➔ Know [what you can and cannot take](#) in your carry-on or checked baggage. Restrictions include prohibited items, weapons and dangerous goods. You can also check the [Can I pack that? dangerous goods app](#) to see if an item can be packed in your baggage. If you are still unsure if an item will be permitted, either leave it at home or contact your airline.

➔ Airport Security allows "alternative medications" that are not subject to the regular restrictions. It is best to keep them in their original bottles to minimise scrutiny. See more details [HERE](#). If possible, get a note from your doctor or naturopath identifying your need to travel with your oils- it may mean the difference between breezing through security vs. pleading with a security agent

➔ Don't overwhelm the plane with essential oil goodness. Be mindful of how all of our oils combined will affect people, but definitely bring what helps you travel at your best.

➔ You'll meet a lot of people, as you are travelling, while you are in town and new contacts in dōTERRA, be ready to save contact information and to share yours easily. **Bring samples that are ready to give. Believe it or not, there are still people all over Melbourne who don't know what's in their own yard.

➔ When travelling, spray EVERYTHING (plane seat, tray, airport seats) with On Guard!

While You Are There:

Transportation:

- Taxis & Uber are all over Melbourne and you can usually get an inexpensive ride within a few minutes
- The [public transportation system](#) (tram / bus) is plentiful throughout the area and Melbourne's Airport Shuttle Bus (Skybus) is \$34 return within the downtown area ([CLICK HERE](#))
- If you are driving in (or renting a car), parking around the downtown area is plentiful. Plan in advance and make sure you find a location where you can park for the whole day. Melbourne Convention and Exhibition Centre has a car park located under the Exhibition Centre. Additionally, there are secure car parks located in and around South Wharf including, South Wharf Retail Car Park, Siddeley Street Carpark, Freeway Carpark and Montague Street Carpark.

Food:

- MCEC - Food vendors and snack stations open for business, many go beyond typical "stadium food".
- Convention is within walking distance of many restaurants and a DFO with a food court. Getting to, in, and out of an actual restaurant in 1.5 hours each day is challenging, so plan ahead. Check Google Maps for options.
- Try a delivery service like UberEats. Find a comfortable spot and have your food delivered to you.
- Eat light & healthy, take your supplements. Feel free to bring little snacks to keep you full.
- There is a [Woolworths Grocery store](#) within South Melbourne Central Shopping Centre – so you may want to stock up with some healthy snacks in your room + to bring with you. You can also find ALDI there too.
- Restaurant Recommendations:
<https://www.tripadvisor.com.au/Search?q=south%20wharf&geo=255100&searchSessionId=000ef6f771b85094.ssid&sid=4C82C35E7CB5498C82B0240BACEC04541684246043312&blockRedirect=true&ssrc=e&rf=1>
- Check out this great site for eating recommendations:
<https://www.thefork.com.au/restaurants/melbourne-vic-c342389>

TIPS:

- 👉 Be ready for registration to take a while for everyone who isn't Silver and above. If you're travelling with your team, you'll be separated for that portion so plan for a meeting location and keep contact lines open.
- 👉 Sleep well each night so you can concentrate during the day and have fun (Lavender Peace, Balance, Cedarwood, Lavender). You may want to bring Mito2Max for some extra daytime energy, this is a great time to be using it.
- 👉 Wear layers. The air conditioning in the venues and fall evenings in Melbourne can get chilly! SNEAKERS or comfy walking shoes if you have long distances to walk are also the best bet.
- 👉 Drink lots of water and stay hydrated. In addition to the altitude, you have to contend with very dry air when you are flying. You may not "feel thirsty", but you need to keep drinking. There will be lots of water stations inside the convention hall for you to fill up your water bottles as well.
- 👉 Speaking of drinking lots of water, with our attendance comprised of approx 90% women, expect lines at the bathrooms. Best advice is to scope out the bathroom locations long before you need to use them. The further they are from the presentation halls, the less crowded they'll be.
- 👉 Try to create a 30 minute buffer both before and after anything you have planned. That 30 minutes will ease a lot of frustration (and allow for last minute bathroom runs).
- 👉 Arrive early, stay until the end. Doors will open at 8:00 am.
- 👉 Double Check the door times and locations for possible early entry for Silvers and Above. It might be tough to sit with your whole team so consider a meeting time or place at the lunch break or days end instead.
- 👉 Your lanyard is your "key" to all things convention. Wear it at all times. You will be asked for it at every convention related event. Specialty events may also "stamp" or "sticker" your name tag to identify your participation in the event.
- 👉 When you check in, you will receive a notepad and pen in your backpack. You will definitely want to take a LOT of notes and it is inevitable that you will probably miss some of the information. Crowdsource your note-taking with your friends and share information that you may have missed. There are also a few groups on Facebook where you can get convention notes (some free, some for a small charge). If you want to take advantage of these services, you can be "more present" during convention and use those published notes to be reminded of the great info you hear.
- 👉 Put your phone in aeroplane mode, it will help save your battery life and keep you "more present" to absorb all of the great information as you won't be interrupted by calls or texts. If you opt not to use aeroplane mode, please put your phone on vibrate mode so you don't interrupt things with a ringing phone.
- 👉 Shopping. There is a doTERRA swag store + other vendors and they are worth checking out. Keep in mind the lines are often long and things sell out. Consider the reason you are here and really try to catch all the presentations and soak up the knowledge first. Shop later and be ok if you don't get that limited edition shirt.

👉 There will be vendors throughout the area around the convention centre. There will be vendor “opportunists” who come out strictly for events like this. Some may have no presence outside of convention. If a vendor doesn’t sit right with you for any reason, let your intuition be your guide. Shop your favourite vendor websites ahead of convention and create a list of products you want and create priorities. It is very easy to go overboard and overspend with all of the great items you find. Set a budget & stick to it.

👉 Save your receipts. This is a business trip and therefore a business expense. Everything on this trip is tax deductible - flights, transportation, lodging, meals, purchases used for business, tips, and even groceries!

👉 Stay in contact with those you meet at convention, crossline encouragement and connections are a great way to feel like dōTERRA is family and not a huge company.

👉 The CONVENTION KIT is usually around \$275 - 300 and contains all the new products launched at Convention. The convention kits will not earn you points, are not sold through your LRP or count towards your LRP requirement for June. There is an initial limit of 1 per WA (After Friday, there is a possibility that dōTERRA will allow additional purchases)

👉 Be ready to ask the corporate team questions in the dōTERRA product area. This is a great chance for you to get more of the science behind how they develop our products.

👉 Be the leader others want to follow. With 3,000+ excited people at the convention, it’s likely we’ll each encounter a moment where we’ll need to take a deep breath, smile and send some loving thoughts + grace to someone near us.

👉 Remember, there is always next year. As you discover places you want to visit again, or places you never got to visit on this trip, make a “hit list” for next year. Perhaps add a day or two to your trip next year so you can soak in the environment in a less hurried fashion.

👉 On the last day of convention, next year’s convention dates will hopefully be announced as well as a link to use to purchase your tickets at pre-registration price (~\$99.00). This is an exclusive registration window for those attending convention. The best way to set your intention to attend next year (and begin your budgeting) is to buy your ticket a year in advance.

Convention is a very exciting and energy filled time.

Take care of yourself, look out for your team and come with open hearts and open minds.

Sites to Reference:

- 👉 Convention Website: https://www.doterra.com/AU/en_AU/convention
- 👉 General Agenda: https://www.doterra.com/AU/en_AU/convention-agenda
- 👉 Convention FAQ’s: https://www.doterra.com/AU/en_AU/convention-faq
- 👉 Jodi’s Travel Tips: so be posted!
- 👉 View the MCEC Map [here](#).