

Individual Packing Suggestions

EVERY VOLUNTEER MUST HAVE A COPY OF THIS DOCUMENT!

General Guidelines: You are representing Jesus Christ to the Appalachian community. Your dress needs to be modest, sensitive to the culture, and safe. Consider the opposite sex on your work crew. You do not want to cause your partners in mission to be led into temptation by what you wear. Women – check out your apparel with your brother or your dad. They have a good sense of how guys will respond.

Bring enough clothes for the week. Laundry facilities are **NOT** available. Work clothes will get dirty, sweaty, painted and tarred. Pack inexpensive clothing you would not mind getting really dirty or trashed.

NO VALUABLES, including TV's, stereos, jam boxes, and large amounts of cash. Traveler's checks are recommended. We cannot always ensure the security of the center facilities.

Work Clothes: Shirts with sleeves and long pants must be worn at all times at the work site. **DON'T ASK FOR EXCEPTIONS, THIS IS A SAFETY ISSUE!** We recommend hard-soled shoes at and tennis shoes for roofing. (No flip-flops, sandals or open-toed shoes at the worksite.) Clothing should neither be skin-tight nor baggy.

Leisure Clothes: Pack comfortable, discrete clothing for the center. Shirts must be worn at all times. When leaving the center, walking shorts (these must be modest) and T-shirts are acceptable attire **UNLESS** your group is notified otherwise by your Center Director prior to your arrival.

DO NOT PACK: Sweat pants, short-shorts, shirts ripped out at the seams, half shirts (i.e., no bare midriffs), sleeveless shirts, halter, spaghetti strap, or tank tops, muscle shirts, tight bike pants or shorts or any article of clothing that has bad language or inappropriate logos/slogans (expressing alcohol/beer slogans and/or obscenities, etc.). These types of clothing are either unsafe or inappropriate in the communities or at families' homes. **Men and women:** Do not bring a bikini bathing suit for the picnic and swimming. **Women**, plan to wear a nice one piece or appropriate two-piece suit. **SHORTS SHOULD BE NO MORE THAN 3 INCHES ABOVE THE KNEE.**

Also include:

Optional items:

Bible	personal tools (with name)
Toiletries: soap/deodorant/shampoo toothbrush/toothpaste/etc.	Songs, musical instruments
towels & washcloths	Devotional materials
showering shoes	Flashlight
sleeping bag/pillow	Pen and paper
cot/air mattress; twin-size	Fans
camping cup/mug for water	Clothesline
Work gloves	coveralls
Rain gear	
Light jacket and hat	
Swim suit (no bikinis or Speedos)	
Insect Repellent	
Sunscreen	

Each volunteer must have: Work Gloves, Safety goggles or glasses, Dust masks, Sun Screen, Insect Repellent, Nail Apron, Tape Measure, Pencils, and Hammer.