



What to bring:

(Please pack conservatively; soft duffle bags ONLY!!)

Bible and journal

A great attitude and tons of energy!

Water Bottle

Sleeping Bag/Pillow (WEEK 2 – FITTED SHEETS AND COMFORTERS PROVIDED)

Sunscreen (minimum 15 SPF)

Grubbies to work in for 4 days:

2-3 pair long work pants

1-2 pair shorts

5 t-shirts (must cover your shoulders)

1 long sleeve t-shirt or button down

Work Boots (WEEK 2 MUST HAVE THESE!)

Work gloves!!! – write your name on these

Modest Swimsuit (women – modest tankinis or 1-piece, men – no Speedos!)

Comfortable shoes/sandals for evenings

Safety Goggles if you have them (do not go out and buy any)

Bath Towel (and washcloth if desired)

Toiletries

Toothbrush/paste

DEODORANT!!! ☺

Soap/shampoo

Razor/shaving cream

OTC Drugs: (include on Medical Information Form)

Advil, Ibuprofen, etc.

Imodium

Spending money

4-5 meals on the road (two to three fast food; two moderate priced)

Camera (we recommend disposables)

Bug spray

Something to cover your head (bandana, hat, etc.)