

# INDIVIDUAL PACKING SUGGESTIONS

## General Guidelines:

Bring enough clothes for the entire week. Expect a week of dirt, sweat, paint, tar, and saw dust. Please do not pack your favorite shirt or best jeans for work. Inexpensive clothes that you would not mind getting really dirty are the best to bring. Space in the dorms is limited – do not overpack!

**DO NOT BRING VALUABLES** such as TVs, stereos, jewelry, electronic games, and large amounts of cash.

## Personal Items

### Work Clothes:

Shirts and long pants are the best for the work site. This is mainly for safety reasons. Work boots with hard soles and sneakers for roof work are recommended for the work site. Long sleeve shirts (and baby powder) are suggested in case you will be working with fiberglass insulation. Three pairs of work pants, five t-shirts, and six pairs of socks are suggested.

### Leisure Clothes:

Pack comfortable, *respectful* clothes to wear at “home” and around town. Shirts must be worn at all times. When walking around town, walking shorts, bermuda shorts and sleeveless shirts are acceptable attire. ***Absolutely no halter tops, half shirts, miniskirts, or shirts and hats expressing alcohol or drug slogans and obscenities.*** We are representing our church as well as the Headstart camp and need to conduct ourselves accordingly.

### Also Include:

Personal toiletries and items- towel, wash cloth, soap, deodorant, shampoo, conditioner, hand cream, toothbrush, toothpaste, hairbrush, shaving razors, etc.

#### **Shower shoes are a must!**

Sleeping bag or blanket, pillow, fitted twin sheet. Mattresses are provided. A foam pad may be brought to place on top of the mattress. Two pairs of work gloves

Rain gear

Light jacket

Bathing suit

Insect repellent (skin so soft works well)

Hat/bandana

Sun screen

Sun glasses

Flashlight with extra batteries

Cellphone and cellphone charger

Hair dryers or other electrical items are allowed but we are asked to limit our electrical usage