

## INDIVIDUAL PACKING INFORMATION

### GIVE A COPY OF THIS TO EACH VOLUNTEER IN YOUR GROUP

**General Guidelines:** Please remember that you are representing a faith-based Christian organization to the Appalachian community. **Your dress needs to be modest, sensitive to the culture, and safe.**

- 1. BRING ENOUGH CLOTHES FOR THE WEEK.** Laundry facilities are **NOT** available. Work clothes will get dirty, sweaty, painted and tarred. We recommend you pack inexpensive clothing purchased at yard sales or thrift stores and items you would not mind getting really dirty or trashed.
- 2. 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 the work site and tennis shoes when working on a roof. (No flip-flops, sandals or open-toed shoes at the worksite.) Clothing should neither be skin-tight nor baggy.
- 3. LEISURE CLOTHES:** Pack comfortable, discrete clothing for the center. Shirts must be worn at all times. **Shorts for girls must be mid-thigh or knee length. No short shorts are permitted.**

**DO NOT PACK:** Sweat pants, sleeveless shirts, tank tops, muscle shirts, tight bike pants or shorts. These types of clothing are either unsafe or inappropriate in the communities or at families' homes.

- 4. NO VALUABLES,** including laptops, 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.** Please do not bring any electronic devices to the work site. Since we cannot always guarantee the security of the center facilities, if you must bring these, it is recommended that these items be left in your work vehicle and not accessed during the work day. This includes cell phones, radios, I-pods, etc. You are there to work and these items have no place at the sites.

**5. BASIC TOOL LIST FOR EACH VOLUNTEER:**

(label all personal tools with your name)

Hammer  
Measuring Tape  
Eye Protection  
N95 Dust Mask  
Work Gloves  
Nail Apron  
Hat

## 6. OTHER RECOMMENDED ITEMS:

- Bible
- personal toiletries: (pack liquids in plastic bags)
- soap/deodorant/ shampoo/toothbrush/ toothpaste/etc.
- towels & washcloths
- showering shoes
- sleeping bag/pillow
- camping cup/mug for water/water bottle
- work gloves
- rain gear
- light jacket
- hat
- insect repellent
- sunscreen
- devotional material
- flashlight
- pen and paper
- fans
- clothesline
- coveralls
- sandwich container, bags

## 7. OPTIONAL ITEMS

- Songs
- Musical Instruments