

APPALACHIA TRIP PACKING LIST

A case of your favorite pop or water (Coke, Pepsi etc.) to help defray the cost of food. Since space is very limited, it is not necessary to bring food with you except for your favorite snack. We make sure that nobody goes hungry and there will be plenty of snacks to go around. Special foods for dietary needs are taken into consideration. Please write them on the back of your health form.

BEDDING

A Sleeping Bag and Pillow or a Set of Sheets, a Blanket and Pillow. We are not permitted to sleep on the bare mattress.

CLOTHING

We are gone from Sunday morning until Friday afternoon. **PACK WISELY!!!!**

- Several pairs of jeans - old ones to work in. Respectable length shorts are OK for painting jobs. Most construction type jobs require long pants. Please **DO NOT** wear nice clothing or shoes to a job site. Paint etc., can ruin them!!!
- Several long sleeved work shirts or old T shirts to work in. Remember that we paint and get dirty at the job sites. No Girls or Women in Tank Tops or less than a Tank Top on the job site. Remember why we are there!
- Solid Shoes. Either work shoes or boots or solid Nike's or tennis shoes. Bring old sturdy shoes to work in and other shoes / sandals for evenings. Thongs are great for the showers.
- Pajamas, Under Garments (underwear, socks, etc.), Belt, Hats to keep the sun off of you, Jacket or sweatshirt, Shorts for evenings and old shorts and shoes if you go rafting.

PERSONAL ITEMS

- Shower items for your Daily Shower: soap or shower gel, shampoo, conditioner etc.
- Two or Three Towels and wash cloths.
- Deodorant, powder, Bug Repellant, Sun Screen (very important).
- **DO NOT** wear perfume or Cologne to the job site - **IT ATTRACKS BUGS / BEES!!!!** We will have bug spray available for all job sites.
- **ANY MEDICATIONS** that you are on. Kleenex if you have allergies.
- Make up? Hair Dryer?
- Comb and Brush.
- Tooth Brush and Tooth Paste.
- Feminine Needs.
- Camera and Film

TOOLS

- Hand Tools
- Gloves
- Tape Measure & Pencil
- Outdoor extension cord
- Safety Glasses & / or Sunglasses

GAMES

- A board game (Outburst, Scategories, Pictionary)
- Ball (Volley Ball, Basketball, Softball, Football)
- Deck of cards.