

## INDIVIDUAL PACKING INFORMATION

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### **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 (sturdy) 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 CROCS, flip-flops, sandals or open-toed shoes at the worksite.)
- 3. LEISURE CLOTHES:** Pack comfortable, conservative clothing for the center. Shirts with sleeves must be worn at all times. **Shorts must be mid-thigh or knee length. No shirts or hats with messages that convey any type of political affiliation or inappropriate advertising are permitted.**
- 4. NO VALUABLES,** including laptops or 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, iPods, 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- bring if you have one.

Measuring Tape – bring if you have one.

**Eye Protection\***

**Ear Plugs\***

N95 Dust Mask – MAY BE REQ'D FOR SPECIFIC JOBS

**Work Gloves\***

Nail Apron – really helpful to have one.

Hat – HIGHLY RECOMMENDED

**\*REQUIRED FOR SAFETY – SAFETY PROTECTION IS MANDATORY. WE RECOMMEND YOU BRING YOUR OWN TO INSURE BEST FIT. ASP WILL PROVIDE IF NEEDED.**

## 6. OTHER RECOMMENDED ITEMS:

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

## 7. OPTIONAL ITEMS

- Songs
- Musical Instruments