

## ASP TEAM MEMBER PACKING LIST

### CLOTHES

**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 for work.** (This means no sleeve-less shirts, short-shorts, or t-shirts advertising questionable products or “ironic shirts” that can be taken in a suggestive way.)

**BRING ENOUGH CLOTHES FOR THE WEEK.** Laundry facilities are **NOT** available.

**WORK CLOTHES:** Shirts with sleeves and long pants must be worn at all times at the work site.

**SAFETY:** 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.)

**ALSO:** 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.

**LEISURE CLOTHES:** Pack comfortable clothing for the center. Shirts with sleeves must be worn at all times.

### GETTING CLEAN

**GENERAL GUIDELINES:** We will be bathing in “outdoor” showers. They are wooden structures covered in black plastic and fed by a water hose. These showers may be sort of cold, just be prepared.

**LINENS:** Towels, Wash cloths, etc.

**TOILETRIES:** Soap, Shampoo, Shower-sandals, Deodorant, Toothbrush & Toothpaste,

### GETTING REST

**GENERAL GUIDELINES:** We will be sleeping on the floor in classrooms. There will be no Air

Conditioning:

Sleeping Bag, Air Mattress or Cot

Sheet / blanket

Pillow

Small fan & extension cord or power strip

### OTHER PERSONAL ITEMS

**GENERAL GUIDELINES:** These are items that might be helpful, but not mandatory:

Insect Repellent

Sun screen

Flashlight

Rain Slicker

Light Jacket

Hat

Bible

Water Bottle

Snacks and Drinks to share (Breakfast, Lunch & Dinner will be provided, but if there is something special that you want to eat or snack on, please bring this with you.)

## TOOLS

**GENERAL GUIDELINES:** Most tools will be worked out in your work teams, but everyone should have the following:

Work Gloves

Hammer

Tape Measure

Carpenter's pencil

Nail Apron

Safety Glasses\*

Ear Plugs\*

dust mask

## WHAT NOT TO PACK

**YOUR FAVORITE CLOTHES** Pack inexpensive clothing purchased at yard sales, Salvation Army, etc. and items you would not mind getting really dirty or throwing away.

**VALUABLES:** TV's, stereos, laptops, handheld games, iPods, iPads, large amounts of cash, etc.. We cannot always ensure the security of the center facilities.

**INAPPROPRIATE CLOTHING:** Sweat Pants, short-shorts, tight shorts, spandex or bike pants. Shirts ripped out at the seams, half-shirts (NO bare midriffs), sleeveless shirts, halter, spaghetti straps, muscle shirts, or tank tops. Pink Umbros!

ANY article of clothing that has bad language or inappropriate logos or slogans AND anything expressing liquor or beer slogans and/or obscenities, innuendoes, etc.

(These types of clothing are unsafe and will be unacceptable to many in the community we serve.)