

## Packing List - MS Delta trip

### IN A DRAWSTRING BACKPACK or FANNY PACK (at least these items)

- Water Bottle (Nalgene or similar filled at the house each morning and refilled at the worksite)
- Camera
- Cash for unexpected spending/breakfast items
- Hand-sanitizing wipes
- Bible and journal

### IN YOUR LUGGAGE

- Snack and breakfast foods
- Work pants and shirts – (For any construction, demo, yard-work, etc...)
  - Comfortable walking sandals are allowed during certain times of the trip – Ex. Chacos
  - Comfortable close-toed shoes (hiking/work boots optional) – will be required for any demo/construction/yard-work project
- Work gloves, if needed
  - Dust mask and eye-protection glasses (sunglasses can be used – eye-wear is required for any demo or construction project)
- Modest shorts and shirts for evenings - Please note:
  - Regarding tops/shirts: Wear t-shirts with sleeves and modest necklines (no low V or scoop necklines) or tank tops **under the following conditions:** *Straps must be 2 fingers in width. The top must cover waist when hands are raised. Do not wear over-sized tank tops that reveal undergarments/stomach.* If your t-shirts/tops do not meet the above conditions, you will be asked to change. If you do not have shirts that qualify, you will need to purchase or borrow them.
  - Regarding shorts: Do not wear Nike shorts or running shorts. Wear basketball or soccer length shorts. Shorts should be at least mid-thigh. If you wear inappropriate length shorts, you will be asked to change. If you do not have appropriate length shorts, you will need to purchase or borrow them.
  - We reserve the right to ask an individual to change any attire that is not appropriate.
- Underwear and socks
- Sleep wear – Be mindful of our large-room co-ed space for evening's
- Women: Modest attire for Church on Sunday/No jeans or shorts please
- Men: Khakis/Slacks, collared shirt for Church on Sunday
- Clothes for the trip - You can wash if you bring detergent.
- Toiletries
- Flashlight
- Sunscreen and Bug repellent with Deet (spray and/or wipes) – will need in your daily bag/back pack
- Towel and wash cloth
- Extra hand-sanitizing wipes (You will use LOTS of these)
- Medical – any prescription meds you are taking
- Hat to protect you from the sun (women will want something to put their hair up)
- Plastic bag for laundry
- Ear plugs for snoring roommates
- Twin size sheets (Deep pocket size)/Sleeping bag, pillow case, or your own pillow - Personal size fans are allowed

