

Individual Packing Suggestions

EVERY VOLUNTEER MUST HAVE A COPY OF THIS DOCUMENT!

General Guidelines

Bring enough clothes for the week. Laundry facilities are **NOT** available. Expect work clothes to get dirty, sweaty, painted and tarred. Do not bring your favorite clothes. Pack inexpensive clothing purchased at yard sales or thrift stores and items you would not mind getting really dirty or trashed.

NO VALUABLES, including TV's, stereos, jam boxes, and large amounts of cash. Traveler's checks are recommended for group expenses. We cannot always ensure the security of the center facilities.



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 wearing hard-soled shoes at the work site and tennis shoes when working on a roof. Pack a long-sleeved shirt and baby powder, in the event that you'd be working with fiberglass insulation.

Leisure Clothes:

Pack comfortable, discrete clothing to wear at the center. Shirts must be worn at all times. When leaving the center, walking shorts (these must be modest) and T-shirts are acceptable attire **UNLESS** your group is notified otherwise by your Center Director prior to your arrival.

DO NOT PACK: Sweat pants, short-shorts, shirts ripped out at the seams, half shirts (i.e., no bare midriffs), sleeveless shirts, halter, spaghetti strap, or tank tops, muscle shirts, tight bike pants or shorts or any article of clothing that has bad language or inappropriate logos/slogans (expressing alcohol/beer slogans and/or obscenities, etc.). These types of clothing are unsafe and may be unacceptable in the communities or at families' homes. Do not bring a bikini bathing suit for the picnic and swimming. Plan to wear a nice one piece or appropriate two-piece suit.

Also include:

Bible
personal toiletries:
 (soap/deodorant/
 shampoo/toothbrush/
 toothpaste/etc.)
towels & washcloths
showering shoes
sleeping bag or bedroll
pillow

camping cup/mug for water
cot or air mattress; **must be small**
work gloves
rain gear
light jacket
hat
swimsuit (no bikinis or Speedos)
insect repellent
sunscreen

Optional items:

personal tools (with name)
songs, musical instruments
devotional material
flashlight
pen and paper
fans
clothesline
coveralls



Medications:

Be sure that your volunteers bring the medications they need – both prescriptive and over-the-counter preparations; **HOWEVER**, ask them to pack only enough for the actual days they will be away from home, plus an extra dose or two!

In addition, emphasize to your volunteers that **they must accurately complete** the “Registration/Medical Form.” In the event of a medical emergency, all the medicines that taken each day must be written on this form. This includes both prescriptive and over-the-counter medications. This is critical if medical treatment is needed. This knowledge could make the difference between life and death!

Also make sure that all volunteers have accurate and complete at home contact information. There is now a line for the cell phone of a parent/guardian. Please be sure that this is written if available!

In addition, all volunteers must have their “Registration/Medical Form” notarized. This notarization will allow medical treatment to proceed immediately! **DO IT** – it’s painless and may make the few minutes of difference!

Bring the Light: West Hartford UMC/St. James Episcopal, CT

I’m not alone
When the Angels come to my home
They bring the light

A beam in the night
Cuts through the blight
They bring the light

They give up their time
They share their lives with me
They bring the light

Their spirit surrounds me
In the shadow of the day
They bring the light

Their joy engulfs me
With warmth like a sun ray
They bring the light

They come to serve me
And to set me free
They bring the light

My house is secure

I no longer feel blue
They bring the light

They fixed holes in my roof
No more rain dripping through
They bring the light

My house is repaired
They showed me they cared
They bring the light

Through hammer, nail and rod
They bring me to God
They bring the light

I have no fear
I now know God is near
They bring the light

As we join hand in hand
Together we stand
They bring the light