



## WHAT TO BRING

**Pack your flexibility, humility, and readiness for a fantastic experience!**

### **Please bring:**

- WORK WEAR - Clothes and shoes should be ones that can get dirty, sweaty, stained, painted, etc. You should include:
  - at least one pair of long pants
  - one long sleeve shirt (like an old button down)
  - closed-toe, firm shoes for work (tennis shoes/work boots preferable)
  - 1 set of WORK GLOVES (outdoor work gloves)
  - knee length shorts
- Casual clothes for non-work times
- Toiletries (soap, shampoo/conditioner, toothpaste, toothbrush, brush, etc.)
- Small Bag for toiletries and towel
- Prescription Medications (inhaler, epi-pen, insulin, daily medication, etc.)
- Swimsuit/Sunscreen
- Sleeping bag/linens
- Single-size Air mattress/sleeping pad/cot (your time with us will be much more comfy with this!)
- Pillow
- Towel/washcloth
- Bible
- A re-usable water bottle (Nalgene, aluminum, etc.) to carry and use all week at sites

*There are no laundry facilities on site, so plan and pack accordingly.*

### **Do NOT Bring:**

- Expensive or irreplaceable items (jewelry, special clothing, high price electronics, etc.); you don't want to lose it.
- Lots of money; you don't want to lose it.
- Clothes/Shoes that can't get dirty or sweaty (you may get dirty or sweaty during recreation; you will also be working with art supplies during Bible Study times). Just save the fancy stuff for a different trip; you won't need it at MYM!

**Consider bringing:** *board games/cards, etc. to play in your free time, a small amount of spending money, frisbees, etc. for outdoor play*

### **Worksite Dress Code for Adults and Youth:**

Because of the nature of the work MYM participants are doing and the requirements of the worksites, the following dress code has been established for worksites. Any MYM participant not adhering to the dress code, will be asked to change or not work at a site. Some of the service sites take dress code VERY SERIOUSLY, so please be prepared or you may be unable to participate. Please note, this dress code is not required during free time or evening programming. If you have questions, ask us BEFORE you come. Christopher Williams (828-231-4635 x704 or [chris@youthmissionco.org](mailto:chris@youthmissionco.org)) Please keep in mind that these are general guidelines that cover all our worksites. The Mission Immersion Director will inform your group leader of specific needs for your trip if different from this outline.

**LONG shorts:** Shorts must touch the knee when standing. ALL youth must wear long shorts at worksites.

(think basketball shorts). Leggings worn under Nike Running shorts ARE NOT appropriate worksite attire.

**CLOSED-TOE SHOES:** Always wear closed-toe sturdy shoes—like tennis shoes—with socks. (no Tevas, Crocs, Chacos, Birks, flats, or flips).

**SHIRTS—t-shirts:** All youth must wear shirts with sleeves. No tank tops, spaghetti straps, or low-cut shirts.

**PANTS:** Everyone must bring at least one pair of pants. Some work sites require pants. If shorts are too short, the participant will be required to wear long pants. Yoga pants and leggings ARE NOT appropriate worksite attire.

**UNDERWEAR:** Yes, please wear it. But no one should be able to see it. No underwear showing out of pants (pants must fit to waist). No bra straps showing out of shirts.