



## WHAT TO BRING

Pack your flexibility, humility, and readiness for a fantastic week!

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

If you have questions, ask us BEFORE you come, contact Emily Hall ([emily@youthmissionco.org](mailto:emily@youthmissionco.org))

Please bring:

- Hand sanitizer
- 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, closed heel firm shoes for work (tennis shoes/**work boots** preferable)
  - 1 set of **WORK GLOVES** (sturdy outdoor work gloves)
  - long shorts
  - Rain jacket (we try not to let a little rain stop us from serving our neighbors)
  - a hat for working in the sun
  - **Protective eyewear** (we may be in situations with dust/dirt)
  - **EVERYONE SHOULD BE UP TO DATE ON THEIR TETANUS SHOTS**
- Casual clothes for non-work times
- Toiletries (soap, shampoo/conditioner, toothpaste, toothbrush, hairbrush, deodorant etc.)
- Small Bag for transporting toiletries and towel (showers are taken off-site from where groups stay)
  - Prescription Medications (inhaler, epi-pen, insulin, daily medication, etc.)
  - Sunscreen
  - Bug Spray
  - Towel/washcloth
  - Shower shoes
  - A re-usable water bottle (nalgene, aluminum, etc.) to carry and use all week at sites
- Bedding for a twin size mattress - AYM provides mattresses to sleep on; please let us know if you plan to bring an air mattress. Space will not allow for double (full) size mattresses! (unless otherwise told by the AYM Director that there is room)
  - Pillow
  - Sleeping bag/linens
- Bible
- Your contribution to the Welcome Home Pack (ask your Group Leader for more information)
- Please consider bringing:
  - board games, cards, etc. to play in your free time
  - some spending money for free day
  - frisbees, etc. for outdoor play
  - notebook for journaling
  - swimsuit (some worksites involve water or you may need a swimsuit for use during free day activity)
- 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 AYM!

A note on **worksite clothes**:

- **SHORTS**: We're not into dress coding people, but we do want you to be comfortable while you are working. At worksites you will be lifting, bending, and stretching, please wear shorts that will be comfortable and secure for the duration of our work day.
- **CLOSED-TOE SHOES**: Always wear closed-toe, closed heel sturdy shoes—like tennis shoes—with socks. (keep Tevas, Crocs, Chacos, Birks, flats, or flip flops for after your daily shower when you're done with the work day). This particular summer, **work boots** will be ideal.
- **SHIRTS**—t-shirts: Please wear shirts with sleeves (not tank tops)
- **PANTS**: Everyone must bring at least one pair of pants. Some work sites require pants. Yoga pants and leggings ARE NOT appropriate worksite attire.
- **UNDERWEAR**: Yes, please wear it. But no one should be able to see it

**Additional Items for group leaders** to consider having on hand

- First Aid Kit
- Extra Toiletries
- Period Products
- Rapid covid tests
- Snacks
- Trash bags for your vehicles

Please also make sure you bring all required paperwork with you (your own medical release/contact information forms as well as any waivers our partner agencies ask participants to bring). AYM does not have permission to release medical information so we cannot share our participant forms with group leaders

Things group leaders do not need to bring (AYM provides):

- Coolers for lunch and water
- Ice Packs
- Cleaning supplies
- Food for meals (Food for all meals from Monday breakfast through Friday breakfast is provided with the exception of Thursday dinner).
- Any materials needed for your worksites and for programing