



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 Linzi Anderson (linzi@youthmissionco.org)

Please bring:

- Masks for Covid protection. Some agencies may require masks so plan to have them on hand.
- 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, firm shoes for work (tennis shoes/work boots preferable)
 - 1 set of WORK GLOVES (outdoor work gloves)
 - long shorts
 - Rain jacket (we try not to let a little rain stop us from serving our neighbors)
 - a hat
- 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
- **Single size Air mattress/camp cot** (your time will be much more comfy with this!) 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 **worksites 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, sturdy shoes—like tennis shoes—with socks. (keep Texas, Crocs, Chacos, Birks, flats, or flip flops for after your daily shower when you're done with the work day).
- **SHIRTS—t-shirts:** Please 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. 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. No bra straps showing out of shirts.

Additional Items for group leaders to consider having on hand (AYM staff will also have these things on hand):

- First Aid Kit
- Extra Toiletries
- Period Products
- Rapid covid tests
- Extra masks
- Snacks for the drive
- Trash bags for your vehicles (snacking gets messy)

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).

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 or for programming