



## AYM MIDDLE SCHOOL DAY CAMP

### **WHAT TO BRING:**

**Each day, bring your flexibility, humility, and readiness for a fantastic week! And...**

- Bag lunch (Eat breakfast before arrival - afternoon snack is provided and dismissal is before dinner).
- Prescription Medications if needed (inhaler, epi-pen, insulin, daily medication, etc.)
- Sunscreen
- Bible
- A re-usable water bottle (Nalgene, aluminum, etc.) to carry and use all week at sites. (AYM water bottles available for purchase – 12 oz. aluminum \$5, 25 oz. Tritan Sports Bottle \$15) If you would like to purchase a water bottle, please email [dawn@youthmissionco.org](mailto:dawn@youthmissionco.org). We'll put your name on your bottle!

### **DRESS CODE:**

Because of the nature of the work AYM participants are doing and the requirements of the work sites, the following dress code has been established. **Any AYM participant not adhering to the dress code, will be asked to change or not work at a site.** Our service sites take dress code VERY SERIOUSLY, so please be prepared or you will be unable to participate. Please note, this dress code is not required on Thursday. If you have questions, ask us BEFORE you come. Debbie Alford (828-231-4635 x702 or [debbie@youthmissionco.org](mailto:debbie@youthmissionco.org))

**LONG shorts:** *Shorts should touch the knee when standing.* ALL youth must wear long shorts at worksites. (think walking shorts, Bermuda length). Leggings worn under 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:** Some work sites require pants. If youth will be working at one of these sites, we will let you know at least one-day in advance. 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/shorts (pants must fit to waist). No bra straps showing out of shirts.

### **PLEASE Do NOT Bring:**

- Expensive or irreplaceable items (jewelry, special clothing, 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). You won't need the fancy stuff at AYM!

## **GENERAL SCHEDULE:**

**Arrive each morning at the lower level of the parking garage facing Lexington Ave. (enter from Aston St.) Please arrive NO LATER THAN 8:30am.**

**Details may vary, but this gives you a good idea of what your week will look like!**

### **Monday- Wednesday**

- 8:30am:** Morning Devotion
- 8:45am:** Depart for Work Sites; Begin Work
- 12:00pm:** Lunch
- 1:00pm:** Work
- 3:00pm:** Depart for AYM
- 3:15pm:** Break/Snack
- 3:30pm:** AYM Program
- 5:00pm:** Dismissal

### **Thursday**

- 8:30am:** Urban Faith Walk
- 12:00pm:** Lunch at Montreat
- 1:00pm:** **Hike (we typically "Rock Hop" in one of the streams, so plan to bring your swimsuit and water shoes)**
- 3:00pm:** Break/Snack
- 4:00pm** Closing Worship
- 5:00pm** Dismissal