



## WHAT TO BRING

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

### 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)
  - one (1) set of WORK GLOVES (outdoor work gloves)
  - knee length shorts
- Casual clothes for non-work times
- Toiletries (soap, shampoo/conditioner, toothpaste, toothbrush, hairbrush, etc.)
- Small Bag for transporting toiletries and towel
- Prescription Medications (inhaler, epi-pen, insulin, daily medication, etc.)
- Sunscreen
- Sleeping bag/linens
- Pillow
- Towel/washcloth
- Bible

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

### Worksite Dress Code for Adults and Youth:

Due to the nature of the work AYM participants are doing and the requirements of the various worksites, the following dress code has been established and is mandatory. Any AYM participant not adhering to the dress code, will be asked to change or will not be permitted to 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 during free time or evening programing. If you have questions, ask us BEFORE you come. Naomi Rabago (703-498-9973 or [naomi@youthmissionco.org](mailto:naomi@youthmissionco.org))

- 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.

### Please consider bringing:

- alarm clock
- board games, cards, etc. to play in your free time
- some spending money for free day
- frisbees, etc. for outdoor play
- 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!