

# Individual What to Bring List

## Personal Items

- Sleeping bag and pillow
- Cot or twin size air mattress (nothing larger)
- Soap, shampoo, deodorant, tooth brush, etc.
- Bible
- Towel
- Bug repellent spray
- Rain gear
- Tote bag (taking belongings to shower)
- Sunscreen
- Spending money
- Flashlight
- Medication (labeled)
- Musical instrument (if one is played)

## Work Clothes

Bring enough clothes for the entire week. Laundry facilities are not available. Expect a week filled with hard work, sweat, paint and dirt. Don't bring your favorite clothes for work.

- Shirts with sleeves and long pants must be worn at all times while working at the work site
- Work Shoes (for safety reasons must be enclosed shoes, old tennis shoes are fine if they have a good sole)
- At least one long sleeve shirt (to be worn if you are working with insulation)
- Work gloves
- Cap, visor or bandana for sun protection

## Casual Clothes

Think about modesty and being Christ's representative.

Do not bring shirts ripped out at the seams or reveal bare midriffs, tube tops, low-cut tops, crop tops, see-through shirts, fish-net clothing or tight bike pants/shorts. Do not bring clothing with content advertising or related to alcohol, drugs or sexual behavior.

CTCYM adults/leadership reserve the right to request a change of clothing.

- Shorts for evening activities (must be no shorter than three inches above the knee)
- Shirts for evening activities (sleeveless shirts must be three finger widths across shoulder)
- Tennis Shoes
- Swimsuit (athletic or one piece)

## Personal tools

Mark tools clearly with your name so you will be sure to take them home with you.

- Claw Hammer (16 oz. suggested)
- Safety goggles
- Pencil
- Utility knife
- Paint brushes ( 2" & 4" latex)
- Nail apron (cloth or leather)
- Paint scraper
- Dust mask
- Tape measure
- Screw drivers (Phillips/Flathead)