

Appalachia Service Retreat; June 13-19, 2010

PACKING SUGGESTIONS

Items to bring:

- Sleeping Bag & bed sheet
- Pillow
- Personal toiletries: soap, shampoo, toothbrush, toothpaste, unscented deodorant, etc.
- Clothes for the week: 3-4 shorts, 2 pair of jeans or long pants (1 pair for the possibility of working outdoors in wooded areas), 1 sweatshirt, 6-7 t-shirts, underwear, socks, (clothes should be older clothes for working, painting, etc.)
- 1 pair of work boots or sturdy shoes with covered toes and sturdy soles (work boots are highly recommended)
- Tennis shoes, flip flops for showers
- Bathing Suit
- 2-3 towels
- 1 large water bottles (please put your name on this)
- 30 SPF Sun Block
- Insect Repellant with DEET
- Money for 1 meal on our way back

Optional:

- Flashlight
- Hat
- Earplugs (there will be many people sleeping in one room)

**We are asking that everyone keep their packing
to one bag plus a sleeping bag and pillow.**

Items not to bring:

- Cell phones Boomboxes Fans TV's Perfumed lotions and/or perfume Knives, guns, and any other weapons – refer to values statement Drugs, alcohol, and tobacco products – refer to values statement
- Halter or tank tops, sports bras worn as an outer garment, shirts with cut-off sleeves, Spandex clothing, or shirts and hats expressing alcohol/beer slogans and obscenities are not acceptable.
- This should be a great learning experience and we hope everyone has a good time. If you have any questions, please contact Anna Gwozdz 419-346-1977 or Kathy McVicker 419-666-5615.