

## **Items to Bring**

\*1 weeks worth of clothing (**maximum of one bag**)

Including:

- o A couple of sweatshirts
- o Work boots/shoes
- o Clothes to work in
- o NO tank tops or cut-off sleeves
- o NO secular logos (skulls, women, alcohol, etc.)

### **Additional guidelines for women:**

- Avoid clothes that are conforming to the body
- No white t-shirts,
  - T-shirts must be 2 times larger than your normal size and must cover your behind
- Shorts can be no more than 3 inches above the knee.
- Bring an appropriate church service outfit

\*Keep in mind we are located in the mountains 5,000ft elevation so be prepared for moderate to cold 60-30 degree winters with a decent amount of snow and moderate to hot summers 80-95 degree. Pack clothing accordingly to the season you will be with us.

\*Sleeping bag or twin blanket

\*Pillow with pillow case

\*Twin sheets

\*Toiletries

-Cannot contain alcohol: (Mouthwash, Cologne/Aftershave or perfumes/body sprays are not allowed)

-Scented body lotions are not allowed

\*Two bath towels and shower shoes (flip-flops)

\*Laundry detergent

\*Laundry bag

\*Flashlight

\*Personal CD player (No AM/FM radios, or electronics of any kind)

-Christian CDs only. (No copies or recorded CD's, originals only)

\***Bible only**. No other reading material.

\*Spiral notebooks

\*Pens and highlighters

\*Envelopes and stamps

\*Medications -- Heart medications, high blood pressure, diabetes, etc., please bring a two-month supply.

-Antidepressants, anti-anxiety, and all other psychiatric medications must be consented to gradually wean off at a 25% reduction of amount over a 4 week period.