



Things you should bring on your trip:

Open Eyes

- If you don't decide ahead of time to pay attention to what is around you, you may very well miss something amazing or important.

Open Mind

- You will probably see things you will not, at first, expect, or understand. Prepare to process and ask questions!

Open Heart

- There will be times when it feels like you cannot deal with the emotional impact of what you are experiencing. Those are exactly the times when God is working in you!

Clothing

- Bring enough clothing for your entire stay (assume you will not be doing laundry)
- It's OK to wear things more than once
- Please, for your own sake, and that of the people to whom you will minister, dress modestly. Ask your group's leader for definition
- Don't bring anything you can't handle either losing or ruining (stains, rips, paint, etc.)
- You will not need dress clothes (even for church on Sunday)
- Don't forget your swimsuit (Summer)
- You will probably want clothes specifically for painting, as this is a common activity
- Closed-toed shoes for work times

Toiletries

- Toilet paper is provided, but you should bring everything else you will need, including a towel and washcloth

Bedding

- Mattresses are provided, but you should bring either sheets and a blanket or a sleeping bag, as well as your own pillow

Miscellaneous

- Bible
- Book(s)
- Journaling Supplies
- Games (optional)
 - We do have some games in the dorm here, but feel free to bring your own if you have a favorite that you would like to share with your group
 - You could even leave a game here for the next group to enjoy (completely optional).