

Appalachia Mission Trip **PACKING LIST**

Keep in mind that participants will be doing physical labor including yard work, painting, etc. Clothes will likely be damaged. Old, comfortable clothes are strongly recommended. It is also a great idea to label items such as work gloves, water bottles, etc, with participant's name.

HEAD

- 1 cap to shade face from sun

LEGS

- 5 pairs shorts for hiking 7 daily activities
- at least 1 pair loose fitting long pants--jeans OK (some jobs will require participants to wear long pants)
- quick-drying clothing is always great at camp
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UNDERCLOTHES

- 6 sets

TORSO

- 1 long-sleeved shirt--cotton
- 6 T-shirts
- 1 swim suit
- 1 rain jacket or poncho

FOOTWEAR

- 1 pair of lightweight hiking boots or sturdy athletic shoes (participants **MUST** wear closed-toed shoes during service projects)
- 6 pairs of socks
- flip flops (shower shoes)
- 1 pair of shoes for rafting--sport/water sandals or old sneakers--they will get wet but must stay on feet

TOILETRIES

- soap
- deodorant
- toothbrush & tooth paste
- shampoo
- comb/brush
- 2 towels & washcloths
- hair dryers are OK

OTHER

- Bible & notebook or journal, pen
- flashlight (good batteries)
- sunscreen (SPF 15+)
- lip balm or chap stick (SPF 15+)
- insect repellent
- sunglasses (holder strap suggested) These are not just for sun protection, but to protect eyes during service projects. Students **MUST** have either sunglasses or safety glasses. Prescription eyewear will also protect eyes, but may be scratched by flying debris, so participants might want to consider a pair of safety glasses over them.
- water bottle (with carry strap suggested)
- at least one pair of good quality work gloves (a back-up pair is nice to have)
- one outfit to wear out to dinner one night (doesn't have to be dressy)
- phone card to call home (optional) The only cell phone reception at the ranch is through Verizon. Land line phones are available to guests for free local calls. Calling cards are necessary to access long distance.
- books, electronic devices such as iPods, etc, are permitted and may help to pass time on the long drive, but participants should bring at their own risk.
- stamps to mail postcards home (optional)

GIRLS *Due to the exertion of daily activities, your menstrual cycle may alter. Please be prepared with feminine products even though you don't think you are going to begin your cycle.*

MEDICATIONS

- bring all medications you may need including what you would take for bee sting reactions, etc. Staff at Eagle Ranch are trained in first & CPR but my law are not permitted to dispense ANY oral medication. This includes aspirin.

LINENS

- sheets/blankets suitable for twin bunkbeds
- pillow
- sleeping bag or blanket & top sheet

SPENDING MONEY

- Money for 2 fast-food meals--dinner on the way down on Sunday, lunch on the way back on Friday. Kids may be hungry when we arrive back at the church.
- T-shirts, souvenirs, caps, ice cream, key chains, postcards, & snacks are available at the camp store.
- Campers may order and pay for whitewater river trip photos following the trip or when they return home. Campers need to remember the date and time of their river trip as well as the name of their river guide. Order forms are available at the camp store after the trip or you may call 1-800-288-3245 and request one be mailed to you.