



## Suggested Packing List

### For your Worksite:

Early springtime weather in East Kentucky can be quite dynamic. It is not unusual to have snow one week, and sunny 60-degree days the following week...sometimes the next day. Assume that you will be outside working in all weather conditions. It is thus best to dress in layers and be prepared for all possibilities. It is also likely that you will get mud, paint, caulk, or other work site materials on your clothes, so wear things for which it is acceptable if they become stained. Suggested work clothes include:

- Work boots or STURDY shoes with closed toes and grip tread soles are **strongly encouraged**
- Durable pants (jeans or similar -- no short-shorts, yoga pants/leggings or athletic shorts, please!)
- T-shirts must cover entire torso (no cut outs/open sides)
- Coat
- Sweatshirt
- Warm socks / Thermals
- Hat (winter and/or baseball cap)
- Sunglasses & sunscreen
- Work gloves
- Rain boots and raincoat
- Refillable water bottle

### For the evenings:

You will be staying in a comfortable modern retreat center. Bring casual clothes to wear to dinner and nightly activities. The building can get quite warm with a lot of volunteers inside, so again, layers are a good idea. Most volunteers wear T-shirts, sweatshirts, shorts (no short-shorts, please), lounge pants, etc in the evenings. We ask that you wear shoes in the building, so bring casual, CLOSED-TOE shoes in addition to your work boots (closed toe is a requirement for assisting in the kitchen). Some volunteers prefer to bring shower shoes as well.

*We strongly discourage bringing any valuable that you will not always be able to keep with you. CAP is not responsible for any lost, stolen, or damaged items during your stay with us.*

### Other things to pack:

The dorms have bunk beds with mattresses, **but no bedding**. Please bring:

- Sleeping bag *or* a sheet & blanket
- Pillow and pillowcase
- Towels / Washcloths (enough for the week)
- Personal hygiene items – shampoo, shower gel, toothpaste, deodorant, etc

#### *Optional items:*

- Musical instruments
- Journals or notebooks
- Bible
- Games / cards
- Earplugs