

What to Bring:

- WORK/PLAY CLOTHES....keep in mind that these might be ruined...
 - One set of work clothes (shorts and a t-shirt)
 - One long sleeve work shirt
 - 2 clean t-shirts for the evenings
 - 2 pair of clear shorts for the evenings
 - PJs or modest nightwear
 - Enough underwear and socks
- SHOES...no more than 3 pair of shoes TOTAL!
 - Work boots (or a very sturdy pair of sneakers)
 - Sandals or some other pair of non-work shoes
 - Shower Shoes or Flip-Flops
- OTHER STUFF:
 - Modest bathing suit (no bikinis/speedos)
 - 1 Towel and Shower stuff (nothing that smells fruity)
 - Sunscreen and Bug Spray ("OFF" in the orange can works best)
 - Sleeping Bag & Pillow
 - Air Mattress
 - Baseball hat or bandana
 - Sunglasses
 - Camera
 - Bible
 - Spending money, prepaid phone card
 - Allergy, Asthma, or other medicine you require in a proper prescription bottle

What NOT to Bring:

- Bad attitude (leave it in Pittsburgh or get rid of it for good)
- Make-up, hairdryer, styling products (there's no time or space for this)
- Fruity-smelling Shampoo, Conditioner, Body Product, or Sunscreen (this will attract bugs)
- Tops that are Strapless or Spaghetti Straps (Modest is Hottest)
- Shorts that end more than 3 inches above the knees (it's not safe to wear clothing like this on the jobsite)
- T-shirts that do not reflect Christian attitudes
- CDs or DVDs containing content that does not reflect Christian attitudes
- 6 Million Changes of Clothes

Please remember that this is a Mission Trip and the way we dress gives witness to Christ our Lord! Be MODEST in your attire and action!

All or this (with the exception of the sleeping bag and pillow) needs to be packed in a school size backpack or a SMALL duffle bag.

Emergency Contact Information:

Mullins Opportunity Center (304) 294-6188 Or Local Catholic Priest, Fr. Jack Riech (304) 294-8128