

Heart & Hand Mission Trip

THINGS TO TAKE:

- Work clothes (grungy clothes you won't mind leaving behind if necessary)
 - T-shirts (no t-shirts with inappropriate logos; no tank tops, spaghetti straps, camies, etc.)
 - Modest shorts (if you're concerned that it might not be modest, it probably isn't)
 - If your attire is inappropriate, you will be provided with an appropriate alternative.
 - Good work shoes (no open-toed shoes, flip-flops, crocs, etc. at the work sites)
 - Good work gloves
- Clothes for free time and evening programs (remember to be modest in your dress)
- Water bottle
- Bag chair for the work site
- Bible
- Sleeping gear
 - Air mattress
 - Bed linens
 - Pillow
 - Sleeping Bag
- Toiletries & 2 bath towels
 - Shower shoes/flip-flops
 - Toothbrush, Toothpaste, Shampoo/Conditioner, Bodywash, deodorant
- Prescribed Medications
- Sunscreen
- Insect repellent
- Games that a group can play
- Snacks to share
- Flashlight
- Sunglasses & a hat
- Money for snacks or a Heart & Hand T-Shirt (\$25)
- Tools
 - Hammer, tape measure, work gloves, nail bag, utility knife, safety glasses, carpenter pencil

A GREAT ATTITUDE!

REMEMBER – YOU ARE REPRESENTING OUR CHURCH AND THE BODY OF CHRIST!

If you are concerned that it might not be appropriate, it probably isn't...

THINGS NOT TO TAKE: guns, knives, alcohol, tobacco products, drugs (other than those prescribed to you), and anything else that you don't think you should bring!