

INDIVIDUAL PACKING INFO/SUGGESTIONS - ASP TRIP 2027

https://www.amazon.com/hz/wishlist/ls/Y1RX9BZQUGQO?ref=wl_share

- is the Amazon link for suggested items for the trip

General Guidelines: Bring enough clothes for the entire trip. Laundry facilities are NOT available. Expect work clothes to get dirty, sweaty, painted and/or tarred; do not bring your favorite clothes. Pack inexpensive clothing and items you would not mind getting really dirty, very wet, and/or trashed. You may end up leaving the clothes behind – so don't bring any clothes that are valuable. You need to pack 2 bags – 1 for the Center and 1 for Overnight. See below for details.

NO VALUABLES including electronics and large amounts of cash. We cannot always ensure the security of the facilities. Youth participants should bring spending money for daily snacks/ice cream. (FOA provides water/ice every day.) A maximum of \$100 is recommended. No personal video cameras are allowed; FOA will have a video camera to videotape certain activities for our group. Cameras are ok to bring.

CELL PHONES; Advisors will have cell phones for travel, work crews, and emergencies. Youth participants are NOT allowed to have cell phones during the entire trip. IF we see a youth with a cell phone it will be confiscated and put in a locked box until our return to Trumbull. We want participants to immerse themselves in the ASP experience. Please review CELL PHONE POLICIES on YOUR SIGNED APPLICATION. FOA provides cameras to each crew and will be shared during the trip on our Facebook page and website. Internet/WiFi is very limited so no need to have cell phones. Most Youth say this is the best part of FOA, as you become present and immersed in the experience.

SNACKS; Participants may bring snacks for the car trip; don't bring anything that could melt. No garbage is to be left behind in vehicles.

WORK CLOTHES; Shirts with sleeves and long jeans/khakis must be worn at all times at the work site. NO EXCEPTIONS! THIS IS A SAFETY ISSUE! Work boots at the work site and sneakers only when working on a roof. Pack a long-sleeved shirt and baby powder in case you work with fiberglass insulation.

LEISURE CLOTHES; Pack comfortable, respectful clothing to wear at the center. Short sleeved shirts must be worn at all times (NO SLEEVELESS SHIRTS) & shorts must be finger-tip length or longer (NO SHORT SHORTS ALLOWED). Apparel may not display beer/alcohol slogans, political affiliation or obscenities.

ASP and FOA t-shirts will be given to each participant to wear on both Sundays.

Your clothes need to be modest, sensitive to the culture and safe.

<u>OVERNIGHT BAG - soft duffle bag</u> ~Bring with you in vehicle ☐ Complete Change of casual clothes (including underwear/socks) ☐ Sneakers ☐ Pajamas ☐ Personal toiletries (soap, deodorant, shampoo, toothbrush, toothpaste, feminine supplies, laundry bag, razors, brush/comb, hair ties, deodorant, contact solution etc.) ☐ Sleeping bag ☐ Pillow ☐ Shower shoes/flip flops ☐ Towel(s) <u>MEDICATIONS:</u> Bring any medications you need (both prescription and over-the-counter). Please be sure to pack enough for the actual days you will be away plus an extra dose or two! Make sure that you've provided information on ALL medications on your "Registration/Medical Form". In the event of a medical emergency...this information is critical & could make a huge difference!	<u>CENTER BAG-soft duffle bag</u> ~Put in Trailer ~This bag WILL NOT be accessible till we get to the center ~ See packing info above ☐ Cot - Air Mattress – MUST BE TWIN SIZE ONLY!!!! ☐ Weeks worth of Leisure clothing - re-read above ☐ Work clothes ☐ (5-Theme Day Short Sleeved T-shirts and Items (will be discussed at the June Meeting) ~Monday ~Tuesday ~Wednesday ~Thursday ~FOA Friday ☐ 2-3 long Jeans/Khaki pants, 1- long sleeved shirt – check WORK CLOTHES list above ☐ 2 Sweatshirts or the like ☐ Work boots (name on them) ☐ Sneakers (name on them) ☐ Weeks worth Crew/High Socks (Work boots) & Short Socks (Sneakers) ☐ Weeks worth Underwear/Undershirts ☐ Belt ☐ Respectful/Modest Swimsuit ☐ Rain gear/poncho ☐ Light jacket/2 sweatshirts ☐ Hat ☐ Personal size ☐ insect repellent, ☐ Sunscreen ☐ Baby powder ☐ Laundry Bag	<u>TOOLS</u> ~Put your name on these and on your Tool Bag ☐ 16 ounce hammer ☐ Utility knife ☐ Work gloves (not gardening) ☐ Measuring tape ☐ Safety Glasses ☐ Hair Ties/Clips ☐ Hat/Bandana ☐ Work Boots ☐ Reusable Water Bottles <u>ADDITIONAL ITEMS</u> ☐ Personal tools (with your name) ☐ Devotional materials/Bible ☐ Musical Instruments ☐ Journal/Diary ☐ Fan/ExCord <u>DO NOT PACK:</u> <u>CELL PHONES or</u> Short-shorts, half-shirts, sleeveless/spaghetti strap Shirts ,Tank tops, muscle shirts, tight bike pants, any article of clothing that has inappropriate language/logos/slogans. WE MUST LOOK ACCEPTABLE FOR THE APPALACHIAN AREA
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