

# PACKING GUIDELINES: NC

## **What To Bring: (all items on this list are required)**

- \_\_\_ NO more than \$20 (students are responsible for their own money)
- \_\_\_ Parent Letters – If you would like to write some notes to your student to read during the trip. Each letter should be clearly marked with student's name and date. Bundle of letters need to be in one large, sealed envelope.
- \_\_\_ Bible, Notebook and Pen
- \_\_\_ Toiletries (toothbrush, toothpaste, soap, shampoo)
- \_\_\_ 1 pair of sturdy work shoes, boots or tennis shoes
- \_\_\_ Water Bottle (MUST HAVE)
- \_\_\_ Rain Gear (poncho, nylon jacket, etc...)
- \_\_\_ 2-3 sets of work clothes (Pack shorts **and** long pants, depending on work project. No short shorts.)

- \_\_\_ 2 Sets of Casual Clothes
- \_\_\_ Socks & Underwear
- \_\_\_ Casual Shoes
- \_\_\_ Swimsuit (One-piece only!)
- \_\_\_ Sunscreen
- \_\_\_ Bath towel/washcloth
- \_\_\_ Sleeping Bag and Pillow
- \_\_\_ Work Gloves
- \_\_\_ Hat (there is lots & lots of sun)
- \_\_\_ Lose Your Cool book
- \_\_\_ A Backpack (for day travel)
- \_\_\_ A GREAT attitude!
- \_\_\_ Jacket or sweatshirt



### **Note on clothing:**

Clothing needs to be modest...both in style and fitting. This means don't bring flashy things or inappropriate items (guys or girls). NO tank tops, short shorts or skirts, and no flashy jewelry, etc. A missions trip is NOT a fashion show. The leadership team reserves the right to ask you not to wear a given item.

**\*You may bring 1 small to medium-sized suitcase,  
1 sleeping bag and 1 pillow!**

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## **Optional items to bring:**

- Disposable camera
- Stamps for postcards

## **Medication (s):**

If your student requires medication, please put them in a Ziploc bag with detailed directions. We will be collecting all the medications for the week and leaders will distribute to the students as necessary. We will also have basic pain medication, so please indicate your students allergic reactions to such medication. By state law, **students are NOT allowed to carry any medication.**

## **Do not bring:**

- Cell Phone
- Extra Money
- Radios, TV's, Walkman/CD players/iPods
- Weapons and Fireworks
- Any nonprescription drugs, alcohol, or tobacco
- Any valuable items that, if lost, damaged, or stolen, would make you or your parents upset.
- Bikinis
- Jewelry
- outdated Kool-Aid packets



The leadership team reserves the right to request any items that are not on this list but are deemed to be a distraction from our team goals or unity and hold them until the end of the week, at which time they will be returned.

**\* First Friends/Flipd is not responsible for any lost or stolen items \***