

# WHAT TO BRING

(packing list)

**Bring enough clothes for the week;** as you will not be able to do any laundry while at ASP. Laundry facilities are NOT available. Expect a week of dirt, sweat, paint and tar, and other fun stuff.

**Do not pack your favorite clothes.** Pack inexpensive clothing purchased at yard sales, Salvation Army, etc. and items you would not mind getting really dirty or throwing away.

**DO NOT BRING VALUABLES,** including TV's, stereos, boom boxes, and large amounts of cash - \$50-\$75 is plenty. We cannot always ensure the security of the center facilities.

## **Work Clothes:**

Shirts with sleeves and long pants must be worn at all times at the work site. **NO EXCEPTIONS.** We are planning for your safety! We recommend wearing hard-soled shoes at the work site. Pack a long sleeved shirt and baby powder, in the event that you'd be working with fiberglass insulation.

## **Leisure Clothes:**

Pack comfortable, discrete clothing to wear at the center. Shirts **MUST** be worn at all times. When leaving the center, walking shorts/Bermuda shorts or jams, and T-shirts are acceptable attire unless your group is notified otherwise by your Center Director prior to your arrival. **NO BARE MIDRIFTS**

## **Personal Toiletries:**

- Soap, Shampoo, Towel, Shower-sandals
- Deodorant
- Toothbrush & Toothpaste
- Light Jacket Hat
- Swimsuit (NO bikinis, Speedos)

## **Other Personal Items:**

- Coveralls
- Insect Repellent & Sunscreen
- Songs & Devotional Materials
- Flashlight
- Small personal fan + extension cord
- Disc-Man / I-pod
- Sleeping Bag or Bedroll & Pillow
- Air Mattress or Cot
- Rain Slicker
- Pre-paid Phone Cards for pay phones (no Cell Phones allowed)

## **Tools: (well marked with name)**

- Work Gloves
- Hammer
- Tape Measure, Carpenter's pencil
- Nail Apron

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## **DO NOT BRING:**

**NEW COHASSET RULE:** Cell Phone use will be limited. Check with Center Leader for policy.

**Do Not Bring:** Sweat Pants, short-shorts, tight shorts, spandex or bike pants.

**Do Not Bring:** Shirts ripped out at the seams, half-shirts (NO bare midriffs), sleeveless shirts, halter, spaghetti straps, muscle shirts, or tank tops.

**Do Not Bring:** ANY article of clothing that has bad language or inappropriate logos or slogans. Anything expressing liquor or beer slogans and/or obscenities, innuendoes, etc. These types of clothing are unsafe and will be unacceptable to many in the community we serve.

**Do Not Bring:** a bikini or "Speedos"-type bathing suit for the picnic and swimming. Plan to wear a nice one-piece or appropriate two-piece bathing suit.