

# WHAT TO BRING

We strongly discourage bringing any valuables that you will not be able to always keep with you.

CAP is not responsible for any lost, stolen, or damaged items during your stay with us.

Please bring comfortable clothing for both work and free time. We ask volunteers to be respectful of our participants and the lodging sites; please wear appropriate clothing.

## CLOTHING:

On the job site:

- Plenty of layers (coat, sweatshirts, t-shirts) T-shirts MUST cover entire torso (no cut out/open sides).
- Jeans/work pants (no short-shorts, tight yoga pants/legging or athletic shorts).
- Warm socks
- Hat/gloves
- Hooded rain jacket
- Work boots for the job site.

At the Host Facility:

- Comfortable clothing
- Closed toed shoes (all volunteers help with cleaning after meals and kitchen service requires closed toes shoes)
- Shower shoes
- Tennis shoes

## HOST FACILITY:

For the lodging site:

- Pillow and pillowcase
- Sleeping bag or twin sheets and blankets for bunkbeds.
- Towels & washcloths
- Personal hygiene items i.e. deodorant, soap, shampoo, toothpaste/brush etc.
- Refillable water bottle
- Alarm clock

Optional items:

- Bible
- Musical instruments
- Books/journals
- Playing cards/games
- Earplugs

### **DON'T FORGET**

- Identification
- Money (lunch on way home, drinks & snacks throughout week)