



## What to Pack for Your Volunteer Week (August 2024)

### Travel Clothing:

- Comfortable, casual (often same items used going and coming)
- Outerwear (according to season) for travel and to have at housing location

### Work Clothing: (5 days)

- Old jeans, t-shirts, some long sleeve shirts, clothing items suitable for layering are helpful
- Old jacket, sweatshirts, heavy work gloves, hat (for warm or cold weather)
- Work shoes or boots. If tennis shoes, soles need to be thick.
- Rain gear (optional)
- Plenty of socks and underwear

### Personal Items:

- Personal water bottle (In order to reduce waste, please bring a bottle that can be reused/refilled day after day)
- Bath soap, shampoo
- Personal hygiene items
- Toothbrush, toothpaste, mouthwash
- Comb, brush
- Small bottle of hand sanitizer
- Medications, prescriptions
- A completed medical card – Samples available from BDM office
- Insect repellent, sunscreen (according to season)
- Bath towel(s), hand towel(s)
- Change of clothes for lounging, sleeping
- First aid kits are available on site; however, you may bring basic items

### Bedding:

- Sleeping bag
- Pillow
- Sheet (optional)
- Light blanket (optional)

### Miscellaneous:

- Small flashlight
- Reading material
- Bible and/or devotional material
- Cell phone
- Camera
- Small amount of spending money
- Favorite hand tool or small tool box (optional) – hand and power tools are available on site
- Work Gloves
- Hand sanitizer/ Antibacterial wipes
- Small hand towel to keep with you for sweat
- Face Covering/Mask(s) – optional