

ASP Packing List

For Sleeping

Cot, sleeping pad, or twin-bed size air mattress
Cot works best because it takes up less room
and you can store your stuff underneath it.
Sleeping bag or sheets
Pillow

Clothes For The Center

Shorts (mid thigh or longer)
Light pants
Short sleeve shirts
Socks (at least 1 pair/day)
Undies (at least 1 pair/day)
PJs/sleepwear
Bathing suit
Sandals/flipflops
Rain jacket or poncho
Sweatshirt or light jacket

Clothes For The Work Site

Jeans or sturdy long pants (2-3 pair) – No sweatpants or
hospital scrubs.
Short sleeve shirts (1 shirt/day)
Long sleeve shirt for installing insulation
Hat
Bandana
Hard soled shoes; work boots if you have them
Tennis/running/soft sole shoes for working on roofs
Small pack to carry your stuff
Note: Work clothes can get very dirty, sweaty,
maybe painted or tarred.

Personal Care

Medications – Prescription and over-the-counter.
Bring daily amounts and extra doses.
Sunscreen
Sunglasses
Soap, shampoo, deodorant, toothpaste, toothbrush
Towel - lightweight or quick dry
Washcloth or puff
Shower shoes
Water bottle
Insect repellent
Flashlight or headlamp
N95 masks (or equivalent)
Hand sanitizer

Personal Tools – Label all your tools with your name.

Work gloves
Safety glasses
N95 dust mask

Bring these work items if you have them, but don't buy
them just for ASP:

Measuring tape	Pencil
Hammer	Ear plugs
Nail apron	

Optional Extras

Cards, games, Frisbee
Books, magazines
Aloe vera
Anti-itch cream for bug bites
(for example: OTC 1% hydrocortisone cream)
Ibuprofen and/or Tylenol
Musical instruments, songbooks
Devotional material, Bible
Extra glasses
Box fan or personal fan (no oscillating fans)
Bag to carry stuff to the shower
Clothesline and clothespins or Command Strip hooks
Coveralls
Electrical power strip

Work Crew Leader Responsibility

Cooler for lunch and drinks
Large Ziploc bags to keep food dry in cooler
Water jug for ice water
Hand sanitizer and hand wipes
Disinfectant wipes
Paper towels
Garbage bags
Electrical power strip and extension cords
Extra N95 dust masks for crew
Earmuff style ear protection (2)
Pen and paper
Extra safety glasses
Wasp spray
Sharpies and extra pencils for crew
Tarp for shade (12'x16'), 4 corner poles, straps/cord
and ground pegs to secure the poles

Do Not Bring

Pants or shirts with rips
Spandex clothing
Tight bike pants or shorts
Short-shorts
Sleeveless or muscle shirts
Bare midriff shirts
Halter top, spaghetti strap or tank tops
Any clothing with inappropriate language, slogans, or
logos (political affiliation, alcohol or beer slogans,
obscenities, etc.)
Bikini bathing suits or speedos
Large amounts of cash
Jewelry, rings, other valuables
Computers and iPads/tablets
Buckets for carrying your tools
Bluetooth speakers or other speaker systems
E-cigarettes, JUUL devices, tobacco products of any kind
Double-bed size air mattress

Highlighted in red/italics are items that are often forgotten.

INDIVIDUAL PACKING INFORMATION

GIVE A COPY OF THIS TO EACH VOLUNTEER IN YOUR GROUP

General Guidelines: Please remember that you are representing a faith-based Christian organization to the Appalachian community. **Your dress needs to be modest, sensitive to the culture, and safe.**

- 1. BRING ENOUGH CLOTHES FOR THE WEEK.** Laundry facilities are **NOT** available. Work clothes will get dirty, sweaty, painted, and tarred. We recommend you pack inexpensive clothing purchased at yard sales or thrift stores and items you would not mind getting dirty or trashed.
- 2. WORK CLOTHES:** Shirts with (long or short) sleeves and (sturdy) long pants must be worn at all times at the work site. **DON'T ASK FOR EXCEPTIONS, THIS IS A SAFETY ISSUE!** We recommend hard-soled shoes at the work site and tennis shoes when working on a roof. (No CROCS, flip-flops, sandals, or open-toed shoes at the worksite.)
- 3. LEISURE CLOTHES:** Pack comfortable, conservative clothing for the center. Shirts with (short or long) sleeves must be worn at all times. **Shorts must be mid-thigh or knee length. No shirts or hats with messages that convey any type of political affiliation or inappropriate advertising are permitted.**
- 4. NO VALUABLES,** including laptops or large amounts of cash. **We cannot always ensure the security of the center facilities.** Please do not bring any electronic devices to the work site. Since we cannot always guarantee the security of the center facilities, if you must bring these, it is recommended that these items be left in your work vehicle and not accessed during the workday. This includes cell phones, radios, iPods, etc. You are there to work and these items have no place at the work site.