

What to Bring

Each relief/recovery effort is different. Most times we can get everything we need close by, but sometimes there is nothing for miles. We will do our best to communicate what you need to bring depending on the current situation. As for tools, we have a trailer equipped to tool up to 50 volunteers a day from basic cleanup, tree cutting, remediation, etc to remodel/rebuilding. We know some of you just can't leave home without certain tools and that's fine. If there is something else we think you may need, we'll let you know, especially if you're flying. Otherwise, here is a basic list of things to bring on most trips:

- Bible
- Journal-for Bible studies, personal time with God, etc
- Toiletries
- Work clothes that you don't mind getting dirty or damaged (no laundry facilities provided).
- Casual clothes – At least one decent change of clothes that you don't work in
- Please NO clothing, sweatshirts, jackets, etc with other relief organization logos as this gets confusing for homeowners
- Work boots. Already broken-in work boots are best (we do not recommend trying to break in new boots on a trip like this), but other sturdy shoes will do.
- Flip flop, sandals, easy on/off shoes for in/out of living quarters (NO sandals or flip flops for work).
- Shower shoes-could be same as a above
- Coat or jacket appropriate to season and location
- Long Johns/layers/hats etc if serving in cold climate.
- Pajamas
- Pillow, sheets, blankets or sleeping bags-if flying contact us about these items
- Towels-same as above item
- Cots or air mattresses, though we may provide-same as above 2 itms
- Ear plugs
- Eye/head protection if needed
- Work Gloves

- Flashlight or headlamps (these are best for using at jobsite)
- Guitar for worship (we have an acoustic and lots of sheet music for worship songs that you are welcome to use)

MEALS

We eat all meals together and they are coordinated by Mary Jo. If you have food allergies, please let us know in advance. The nature of disaster relief and how we set up our camp often makes it difficult to provide for special dietary needs. You could plan on bringing your own food because what you need may not be available here, but there are still many challenges-- you probably will not have access to a kitchen; even if there is a kitchen, you will not have free access to it etc.

We cannot accommodate food *preferences* and may not be able to accommodate medically required dietary needs. Thanks for understanding.

You must contact us in advance with any medically required dietary needs before submitting your individual/team application.

Medications

If you are taking any medications on a regular basis and/or plan to take them within a month before or during your requested deployment date, **you must contact us before submitting your individual/team application.** Because of the nature of the medication(s) and/or possible side effects associated with them, and the nature of what we are doing, community living, strict schedules, work being performed, job-site conditions, etc, deploying for disaster relief may not be a good fit for you if you are taking some medications.

