

# Spring Break Mission Trip 2023

## What to Bring!

**Clothing** - proper working attire will help make your day more comfortable. Our weather has been unpredictable so be prepared for hot or cold. Since this is a construction site, jeans are required. Shorts will be generally discouraged for most of the work detail. It should be old clothing you don't mind getting dirty or ruined. We have found it is most economical to pack only one or two sets of work site clothes and re-wear those. If absolutely necessary we can find some place during the week to do laundry but we don't usually plan on it.

A bandanna or two will prove most helpful. They can serve as towels or a sweatband and can protect your head from annoying insects and sun. A baseball cap can also keep paint chips out of your eyes.

Please remember to bring work gloves to protect your hands.

**Shoes** - Work boots or work shoes (steel toes preferable) are recommended to wear at the work site. You are encouraged to break them in prior to workcamp! Tennis shoes are not acceptable footwear except for roofing work.

**Day Pack Items** - You may want to carry the following items to the work site in a small pack: sunglasses, sun block, insect repellent, money, camera, etc. You will want a one-quart canteen or squeeze bottle.

**Eyes** - All workers should wear safety glasses while working.

You are an integral part of the crew at the worksite. You will receive direction from your crew leader. IT CANNOT BE REPEATED ENOUGH THAT SAFETY MUST COME FIRST! Keep in mind the following safety hints as you prepare for your exciting venture:

- Drink lots of fluids during the day (keep your water bottle with you!)
- Exhaustion - pace yourself!
- Injury - be honest with your Crew Leader if you are unsure about the use of power tools or other equipment. If something looks unsafe, SPEAK UP!

**We will be staying at Camp de Sales – You will need a Sleeping Bag and Pillow (There are beds, but no sheets). You will also need to bring a Towel**

### Other Optional Items

- Clothes for 4-5 days
- spending money for additional snacks (\$20)
- jacket/sweatshirt – Strongly Encouraged
- Games, cards, etc..
- cell phone
- snacks for travel or in between meals