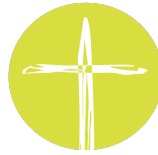


# REVIVE225

A MINISTRY OF FIRST UNITED METHODIST



## Individual Packing Information

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Provide a copy of this to each volunteer in your group

General Guidelines: Please remember that you are representing your own church, city, state and/or university, as well as First United Methodist Church of Baton Rouge to the Baton Rouge 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 really dirty or trashed.
2. **Bedding:** Revive225 does not provide beds or mattresses. Please make sure to bring an air mattress as well as your choice of bedding -pillows, blankets, sheets, sleeping bags, etc.
3. **Work clothes:** Shirts with sleeves and (sturdy) long pants are preferred. Shorts are appropriate at the site director's discretion. 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). Do not forget extra socks, underwear (this is plural).
4. **Leisure clothes:** Pack comfortable, conservative clothing for the center. Shirts with sleeves (short or long) must be worn at all times. Shorts for girls must be mid-thigh or knee length. No shirts or hats with messages that convey inappropriate advertising are permitted. No tank tops!
5. **No valuables**, including laptops or large amounts of cash. Traveler's checks are recommended. 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 sites.
6. **Basic tool list for each volunteer** (label all personal tools with your name):
  - a. Eye protection
  - b. Work gloves

- c. Water bottle
- d. Nail Apron – May be required for specific jobs (optional)
- e. Hat – highly recommended

**\*\* Required for safety** – Safety protection is mandatory. We recommend you bring your own to ensure best fit. Revive225 will provide, if needed. Please let us know.

#### 7. Other Recommended Items:

- Sunscreen (not tanning oil...)
- Bible
- Personal toiletries: (pack liquids in plastic bags)
- Soap/deodorant/shampoo/toothbrush/toothpaste/etc.
- Towels and washcloths
- Showering shoes
- Pillow
- Rain gear
- Light jacket
- Insect repellent
- Flashlight
- Pen and paper
- Fans
- Plastic bags
- Sunglasses
- Personal medications (labeled)

#### 8. Optional Items

- Musical Instruments

## Group Packing Information

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**Each group is required to bring First Aid kits!**

Kits should include:

- Assortment of Band-Aids
- Hand cleaner tissues (Wet Ones, etc.)
- Insect repellent
- Insect bite cream or spray
- Sun block (16 SPF or higher)
- Plastic bottle hydrogen peroxide
- Bag cotton balls
- Bottle calamine lotion
- 2" elastic bandage