

# Stateside Outreach Information

## What to Bring List

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|--|---|
|  | Sleeping bag, pillow, pad, etc (for a good night's sleep on a FLOOR)  |
|  | Clothing for: (ALL must be modest)  |
|  | Church service ministry services (one set)  |
|  | Modest sleeping wear  |
|  | Modest swim suit just in case (also for use in showers)   |
|  | Sports type clothing  |
|  | Underclothing for the full trip   |
|  | Various warm weather possibilities (remember modest)  |
|  | Work clothes for painting, etc. (don't forget shoes)  |
|  | Youth ministry church services (casual)   |
|  | Hat (protect your head in the sun)  |
|  | Water Bottle (hot sun means drinking lots of water)   |
|  | Battery alarm clock   |
|  | Bible, your notebook, pen, etc.   |
|  | Camera (nothing you want to lose)   |
|  | Ear plugs? Eye shades? Snoring neighbors...   |
|  | Extra glasses or contacts, if needed  |
|  | Prescription medications, if needed   |
|  | Spending money for souvenirs, offerings, etc.   |
|  | Toiletries and Towel for showers  |
|  | Girls you should bring all your toiletries as your cycles can change  |
|  | If you have special dietary needs, bring your special items   |
|  |   |
|  | WHAT NOT to BRING:  |
|  | Anything illegal, immoral or unethical  |
|  | Boyfriend, girlfriend, intimate relationships (unless married)  |
|  | Computers   |
|  | Distractions  |
|  | Grudges   |
|  | No ipods, cell phones, mp3 players, ipads, etc. (the success of this outreach will be based on your ability to hear from God and work together. Living in your own world makes that tough. Thanks.) |

