



Rich Mar Rotary
Appalachia Mission Impact Club
P.O. Box 96
Gibsonia PA 15044
Website: <https://appalachiamissionimpact.org/>
Email: appalachianmissiontrip@gmail.com

APPALACHIA PACKING LIST -

Space is limited, so pack only what you NEED.

- Work/Play Clothes
 - Shorts & T-Shirts for the jobsites
 - One set of LONG pants and a light weight long sleeved shirt
 - T-shirts & shorts for the evenings
 - PJs
 - underwear and socks
- Shoes...no more than 3 pair of shoes TOTAL!
 - Work boots (or sturdy pair of sneakers)
 - Sneakers or other pair of non-work shoes
 - Shower Shoes or Flip-Flops
- Sleeping Stuff
 - Sleeping Bag & Pillow (Label)
 - Air Mattress/Cot (Label)
- Toiletries
 - 1 Towel and Shower stuff
 - Toothbrush & toothpaste
- Tools
 - We have tools, but if you prefer to use your own you can bring them (Label).
- Other Stuff
 - Sunscreen and Bug Spray
 - Durable Watch (optional but helpful)
 - Lunch for Sunday car ride or money as we will stop at Sheetz on the way.
 - Water Bottle (Label)
 - Baseball hat or bandana
 - Sunglasses
 - Camera
 - Bible, Journal
 - Football, Basketball, Baseball/Gloves
 - Games for evenings
 - Spending money (approximately \$20)
 - Allergy, Asthma, EpiPen or other medicine you require in a proper prescription bottle.
 - Snack to Share (fun size candy bars, individual chips, cookies, etc.)

WHAT NOT TO BRING

- Bad attitude (this includes negativity, whining, and gossiping of any kind)
- Make-up, hairdryer, styling products (there's no time or space for this)
- Fruity or Floral-smelling Shampoo, Conditioner, Body Product, or Sunscreen (this will attract bugs)
- Tops that are Strapless or Spaghetti Straps
- Shorts that end more than THREE inches above the knees (it's not safe to wear clothing like this on the jobsite, when you are on ladders and crouching over on jobsites.
- T-shirts that do not reflect Christian attitudes.
- 6 million Changes of Clothes
- PLEASE LET US KNOW OF ANY FOOD ALLERGIES ASAP! CONTACT ED MICHALOWSKI 412-596-9161
- There will be a Keurig for coffee in the morning, so if you have a favorite K-cup please bring it. We will have just regular coffee available.

Everything above (except for the sleeping bag, air mattress and pillow) needs to be packed in a SMALL duffle bag— Please put your name on your bag.

Emergency Contact Information

United Methodist Church – 304-294-6608

Jack Miller Cell Phone 412-951-7701 If no answer, leave a message.