



WHAT DO I BRING? Needs

Plenty of work clothes: Plan enough for each day of your stay. Laundry facilities are not available.

Work Shoes: sturdy and comfortable hard-soled shoes. Tennis shoes or sandals for play (not work).

Casual clothes for evening when work clothes are dirty.

Personal toiletry items-include towels, wash clothes, soap, etc.

Light jacket, for cool nights.

Pillow, cot or air mattress, and sleeping bag or blanket and linens. (Sleeping bags get warm some nights, so you might want to bring a sheet along.)

Insect repellent and sun block lotion.

Work gloves, dust masks, safety glasses.

At least one long-sleeved light-weight shirt. This will be helpful when working with fiberglass insulation.

New Testament.

Small spiral notebook journal or a diary or journal type book, pen or pencil, to use for recording your thoughts and reflections during the week.

Tools each person should bring.

Hammer and nail apron.

Measuring tape

Safety Goggles/glasses

Dust Masks...at least 5

Utility Knife

Carpenter's pencil

Scraper

Mark your tools well in any color other than orange. We use bright orange paint for M&M tools. Colored electrical tape is a good choice.

Things You Might Find Useful

Alarm clock

Musical instruments

Fan

Camera and film

Hat or cap with broad brim

Raincoat or poncho

Flashlight

Teddy bear

Frisbees, football, volleyball or other recreational items

Favorite poetry, songs, devotions, stories, games, skits, etc., to share for morning devotions or a special activity in the evening.

You Will Not Need

Stereos, TV's, ipods, mp3's, valuables (expensive jewelry, excess money), fireworks, walkman, radios, laptops, hair dryers. The wiring in our facilities is safe but **we discourage bringing hair dryers since the wiring may overload.**

When packing, make sure all of your personal items are marked. You might not want to bring the best of something you have. Things have a tendency to be misplaced when you are living with 20-40 people all week.

We discourage groups from wearing things like halter tops, short-shorts, etc. You will be working and living in a somewhat conservative community and representing Mustard Seeds & Mountains as volunteers. **All people on the work site must have sturdy pants and shoes. NO SHORTS for work sites.**