

Recommended Packing List

What to Bring:

- Sleeping bag OR sheets and blankets
- **Water bottle**
- **Work shirts** (long-sleeve or short-sleeve shirts, no tank tops or cut-offs)**
- **Sturdy work pants, jeans or khakis** (Required for work sites: no shorts or sweatpants)**
- **Sturdy work shoes: Sneakers or work boots****
- **Leisure/Comfortable clothes (no revealing clothing, tight shirts or spaghetti strap tank tops)**
- **A clean set of clothes for Church services (doesn't have to be your Sunday best, but something clean and modest)**
- Warm sweater or jacket (even in the summer mornings and evenings are chilly)
- Rain gear
- Modest swimsuit (during the summer months, we may take a dip at the end of the week)
- Slippers or indoor shoes (shoes worn outside are taken off at the door)
- Toiletries
- Modest pajamas (sleeping areas can be quite cool, so pack accordingly)
- Flashlight
- **Insurance card in case of emergency**

* Clothes should fit the season of your week here. It can be very cold in the fall, winter, and spring. It can also be quite hot in the spring, summer, or fall, so please plan accordingly!

* The Farm House can be cool (55-65) from October-May. (Recommended sweater/sweatshirt)

* You can check the weather for the week by looking up Alderson, WV

** We have extra shoes, shirts, and work pants at the farm for your use. However, they may not fit perfectly.

What NOT to bring:

- Bottled water or soda pop (our water is healthier for you and for our Earth)
- Watches, iPods, cell phones, or other personal electronic devices (simplicity)
- Makeup, hair gel, hair dryers or curling irons (not necessary—some of the things we give up for the week)
- Weapons of any kind
- Drugs and/or alcohol

Optional:

- Pillow
- Digital camera (Highly recommended)
- Your favorite devotions and songs for prayer
- Musical instrument(s)
- Journal, bible, and/or a book to read
- A little spending money (for dinner on the way here, Farm store, etc.)
- Snacks to share with all
- A bag for dirty laundry
- Frisbee, football, and things for other free-time activities
- Ear plugs (for light sleepers)