

Just5Days is an experience of community living. Participants work, pray, eat, recreate, learn, and relax together. What you pack makes a difference. Consider the following when you pack:

- **Less is best.** Bags need to fit comfortably in the car or van you're using to travel to your *Just5Days* site and in the sleeping room or dormitory facility. Think, as you pack, in terms of minimums (how little can I get away with packing) instead of maximums (how large a suitcase can I get away with).
- **Keep it simple.** When you're working with folks struggling to survive on minimum wage (or less), expensive clothes and gold or silver jewelry can get in the way. Pack clothing that is simple, neat, and clean. Plan to spend more than a single day in each pair of jeans or shorts that you pack. Choose your clothing to match the work to be done. Leave anything expensive at home. (The housing facility, work sites, and program sponsor cannot be held responsible for lost or stolen articles.)
- **Think of packing as a team task.** Everything you'll need for the week doesn't need to be in your suitcase. Many items can be shared by several people (or by the team as a whole).
- **Ready, set, pack!** Pay close attention to the clothes and supplies recommended here.

Appropriate Dress

Dress at both the program and work sites should be casual but modest, i.e., jeans or long shorts, shirts/t-shirts, and tennis shoes.

Dress Code

- All shirts must have sleeves.
- All shirts must be long enough to be tucked in (no tummies, please!).
- Shorts **MUST** be mid-thigh length.
- Wear closed-toe shoes at work sites.

Not Allowed (please leave home)

- Short-shorts
- Tank tops
- Belly shirts
- Spaghetti straps or strapless tops
- Cut-off t-shirts
- T-shirts with suggestive or violent language
- Extra baggy clothing

This "conservative" approach to dress is taken with an awareness of the summer sun's strength and respect for other cultures' sensitivity to proper attire.

Anyone working outdoors for most or even part of the day should wear a hat. Participants involved in repair or painting work shouldn't wear sandals or open-toe shoes and may want to wear jeans instead of shorts.

Individual (Take the Minimum; Pack Lightly)

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|---|---|
| <input type="checkbox"/> Family Insurance Card | <input type="checkbox"/> Work Gloves (1) |
| <input type="checkbox"/> Sleeping Bag / Sheets | <input type="checkbox"/> Hair Bands, Bandannas (1-2) |
| <input type="checkbox"/> Sleeping Pad/Air Mattress | <input type="checkbox"/> Sneakers (1) |
| <input type="checkbox"/> Pillow (1) | <input type="checkbox"/> Work Boots/Shoes (1)* |
| <input type="checkbox"/> Towel/Washcloth (1) | <input type="checkbox"/> Lightweight Rain Gear/Poncho |
| <input type="checkbox"/> Jeans or Work Pants (2) | <input type="checkbox"/> Flashlight |
| <input type="checkbox"/> Shorts (2) | <input type="checkbox"/> Soap |
| <input type="checkbox"/> Swimsuit (1 – should be a one piece for girls, shorts style for boys)* | <input type="checkbox"/> Toothbrush |
| <input type="checkbox"/> T-Shirts (2-3) | <input type="checkbox"/> Comb/Hair Brush |
| <input type="checkbox"/> Short-Sleeve Work Shirts (2) | <input type="checkbox"/> Book, Bible |
| <input type="checkbox"/> Long-Sleeve Work/Sweatshirts (1) | <input type="checkbox"/> Journal, Writing Materials |
| <input type="checkbox"/> Lightweight Jacket/Sweater (1) | <input type="checkbox"/> Medication |
| <input type="checkbox"/> Sleepwear | <input type="checkbox"/> Personal Needs (deodorant, etc.) |
| <input type="checkbox"/> Socks (4) | <input type="checkbox"/> Sunscreen |
| <input type="checkbox"/> Underwear (4) | <input type="checkbox"/> Sunglasses |
| <input type="checkbox"/> Work Hat, Cap, or Sun Visor (1) | <input type="checkbox"/> Spending Money (minimal) |

*If your girls do not have a one piece swimsuit, have them plan on wearing a t-shirt over their two-piece suit.

Community (Take the Minimum)

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|--|---|
| <input type="checkbox"/> Basic First Aid Kit | <input type="checkbox"/> Insect Repellent |
| <input type="checkbox"/> Cooler (large enough to hold lunch & drinks for your team of 5-6) | <input type="checkbox"/> Laundry Detergent (just in case) |
| <input type="checkbox"/> Cooler Ice Packs | <input type="checkbox"/> Hair Dryer/Curling Iron |
| <input type="checkbox"/> Shampoo | <input type="checkbox"/> Camera & Film |
| <input type="checkbox"/> Toothpaste | <input type="checkbox"/> Favorite Board Games / Cards |
| <input type="checkbox"/> Kleenex | <input type="checkbox"/> Basketball, Soccer Ball, Frisbee |

Things Not to Bring: Individual & Community

- Electronic Games/Radios/CD players/iPod/MP3 players*
- Cell Phones (youth)**
- Expensive Clothing or Jewelry
- Pocket Knives

*If you decide to bring these along for the car ride to and from *Just5Days*, please be advised that they will be collected upon arrival at *Just5Days* and kept for the duration of the program. This will help keep those items safe and allow for better community participation.

**It is recommended that youth do not bring cell phones with them and instead use the adult leader's cell phones to call home occasionally. This provides for greater focus on the community that is gathered at *Just5Days*. If cell phones are brought, they may only be used after dinner, prior to the evening session and must otherwise be left in the sleeping quarters. They are not allowed to be with a young person at the work sites or during program times.