

*Hello ASP Participants,*

We hope this list helps guide you in your packing and preparation for the best week of your summer! Please keep in mind that it is only a guide. Quantities are suggestions...not required, but keep in mind that there are no laundry services available and sometimes not even a Wal-Mart! Here is a quick run-down for prepping for the trip!

Friday is packing day at Asbury. That means that we need help loading sodas, supplies, etc. onto the box truck, as well as, packing up various things.

Saturday Morning, the day we leave, there will be 2 piles. One pile is for Newbern and the other is for our ASP work center. Newbern is the church we stay at on both Saturday nights. You just need a small duffel with the stuff highlighted on the list (1-10). There are NO showers there! Your cot/air mattress along with your small duffel bag are all you get off of the box truck on Saturday.

Everything else stays on the box truck until we arrive at our ASP center for the week. A plastic storage tote is preferred because it is easier to stack on the box truck. However, an oversized duffel may also be used. Totes with wheels are a huge help. You will need something between a 30-40 gallon tote for the trip. If you have extra space in your tote, we suggest that you fill the void with a pillow or something so it doesn't get damaged when stacked.

Goodwill is a great place to find jeans to work in that are cheap.

Just a few reminders:

- There are absolutely no phones for youth allowed on the trip.
- Please keep your clothing modest and appropriate!!! We are outsiders and we don't want to draw attention to ourselves! Pay very close attention to slogans on t-shirts (no alcohol ads)! Make sure your t-shirts are either long enough or your pants are high enough – we don't want to see any skin. If you need a belt, bring a belt and wear a belt! Also, make sure your shorts aren't too short. Shoulders must be covered at ALL times!
- **PACK A LUNCH** in a bag that can be thrown away for the car ride to Newbern on the day we depart!!!!!! This is the only meal that you will have to provide all week!

# ***ASP Packing List***

## **Small Newbern Bag**

1. Khaki pants for church
    - (we wear our ASP t-shirt that they give to us Saturday night)
  2. Belt/shoes/socks/underwear
  3. Outfit to wear from New Bern to ASP Center
  4. sweatshirt/sweatpants (girl's quarters may be cold!)
  5. PJ's
  6. Sheets and/or sleeping bag
  7. Cot or air mattress (twin size ONLY)
  8. Toiletries (shampoo, deodorant, razor, etc.) – enough for the week
  9. Toothbrush/paste
  10. Medicine (if you need any)
  11. blanket and pillow (or whatever you need to sleep with) (sometimes it is freezing cold at night and other times there is no AC and it is hot)
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## **Plastic Tub/Big Duffle for ASP Center**

12. 5 pairs of jeans (that can get ruined)
13. 5 work t-shirts (that can get ruined)
14. 1 long sleeve shirt (for insulation)
15. Work Boots (steel-toed preferred but not required)
16. 5 pairs of tall socks for boots
17. Tennis shoes that can get dirty (in case you are working on a roof)
18. Hat
19. 6 pairs of shorts min.
20. 8 t-shirts (if you want a clean one to wear when we get back every day)  
\*basically just casual outfits for when we return to the center after working, but no laundry services available
21. Jacket (rain) or poncho
22. Flip-flops/shoes to wear around the center

23. Enough socks/underwear for the week
24. Flip-flops for shower (that can get ruined and be thrown away)
25. 1-2 sweatshirts (it's usually cold in the mountains in the mornings and sometimes AC at night)
26. Large trash bag for dirty clothes
27. Hair ties (for girls with long hair)
28. Shower Bag to carry items in (gallon Ziploc bag or small zippered mesh bag)
29. A few extra gallon bags/ trash bags/Wal-Mart bags for wet and dirty clothes, etc.
30. Swim suit
31. Shirt to go over swim suit (in chlorinated pool)
32. Paper and pen
33. Sharpie (to label everything with name)
34. Work gloves
35. Safety glasses
36. Flashlight (optional)
37. Fan for sleeping (optional)
38. Wash cloths (for the week)
39. 3+ towels (beach and shower)
40. Extra pillow case
41. Sunscreen/bug spray/bite stick/benadryl (optional)
42. Hooks for towels (3M-removable/no mess) (this way you can hang stuff to dry)
43. food for the car
44. Water bottle (optional)
45. camp/lawn chair (**ADULTS ONLY**)

Keep in mind there are **NO** showers at Newbern so shower toiletries are not needed in this bag.

\*\*\*This might not be everything, but it should get you started!! Good Luck!!