

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 suggested by the Olinde twins, 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. You can also sign up for who you want to ride with in the car!

Saturday Morning, the day we leave, there will be 2 piles. One pile is for Newbern and the other is for West Virginia (?). Newbern is the church we stay at on both Saturday nights. You just need a small duffel with the stuff highlighted on the list and the additional list at the bottom. 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 in West Virginia (?). For West Virginia (?), an oversized (camping) duffel bag or even a plastic storage tote are great options to pack in. Good Will 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, but you can bring an iPod to listen to music on for traveling days only.
- 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!
- If you decide to pack in a plastic storage tub, be sure to fill it to the top even if that means you add a pillow. If you do not fill it to the top, your lid will most likely crack when other tubs and bags are stacked on top of it.
- **PACK A LUNCH** in a bag that can be thrown away for the car ride to Newbern on the day we depart!!!!!!

ASP Packing List

Small Newbern Bag & Big Duffle Bag/Plastic Tub

1. 5 pairs of jeans (that can get ruined)
2. 5 work t-shirts (that can get ruined)
3. 1 long sleeve shirt (for insulation)
4. Work Boots (steel-toed)
5. 5 pairs of tall socks for boots
6. Hat
7. **Belt**
8. 6 pairs of shorts min. (up to 9)*
9. 9 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 school after working, but no laundry services available
10. 1-2 sweatshirts (it's usually cold in the mountains in the mornings and sometimes AC at night)
11. Jacket (rain) or poncho
12. **Khaki pants for church**
13. Tennis shoes that can get dirty (in case you are working on a roof)
14. Enough socks/underwear for the week
15. Flip-flops to wear around the center
16. **Thick** flip-flops for shower (that can get ruined and be thrown away)
17. **1 pair of pants/sweatpants** (It is extremely cold at Newbern where we sleep the first night-girls quarters only!)
18. **PJ's**
19. **Sheets and/or sleeping bag**
20. **Cot or air mattress (twin size ONLY)**
21. Dirty clothes bag (can be a trash bag)
22. **Toiletries (shampoo, deodorant, razor etc.)** – but enough for the week
23. **Toothbrush/paste**
24. Hair ties (for girls with long hair)
25. Shower Bag to carry items in (2 gallon Ziploc bag)
26. **Medicine** (if you need any)
27. Water bottle (plastic, washable)

28. A few extra gallon bags/ trash bags/Wal-Mart bags for wet and dirty clothes, etc.
29. Swim suit
30. Shirt to go over swim suit (in chlorinated pool)
31. Paper and pen
32. Sharpie (to label everything with name)
33. Work gloves
34. Hammer → optional
35. Safety glasses → optional
36. Flashlight (optional)
37. Wash cloths (for the week)
38. 3+ towels (beach and shower)
39. Extra pillow case
40. Sunscreen/bug spray (optional)
41. Hooks for towels (3M-revovable/no mess) (this way you can hang stuff to dry)
42. **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)
43. camp/lawn chair (**ADULTS ONLY**)
44. food for the car

***And whatever else you think you might need!!

*****Highlighted stuff in your Newbern Bag as well as:**

1. **outfit for Sunday to wear in car to center**
2. **sweatshirt**
3. **socks and shoes or flip-flops**
4. **sweatpants b/c it gets cold**
5. **Make sure your khaki pants are in this bag; they are for church on Sunday morning (we wear our ASP t-shirt that they give to us Saturday night)**
6. 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!!