



## PACKING LIST

Here's a list of items that you should bring as well as items you should leave behind.

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### Bring Alongs:

- Pillow, sleeping bag, air mattress
- Towel/Washcloth & Personal Items (*soap, shampoo, etc.*)
- Clothing (*see Dress Code below*)
- Work gloves
- Safety glasses (*if you have a pair*)
- Sweatshirt, sweater or jacket
- Hat & sunscreen (*for protection from sun*)
- Rain Gear/Poncho (*be prepared*)
- Signed copy of the Youth/Adult Participation Form
- Signed copy of the Code of Behavior
- Any medication that you need
- Snack to share with others (*chips, crackers, popcorn, fruit, etc.*)

### Leave Behinds:

- Electronic Games
- Expensive Equipment
- Expensive Clothing and Jewelry

### NOTE:

You may bring cell phones and tablets, but their use will be monitored. You are encouraged to not spend your free time on the phone with back-home friends nor sitting alone with your headphones plugged into your ears. These devices are to be used sparingly.



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**Dress Code:** Dress for CIA is casual and comfortable but appropriate to a Christian leader. We set an example not just by our words and actions but also by our dress. Modesty is a good general rule of thumb.

- **Tops:** T-shirts are required. You will even receive a CIA t-shirt when you arrive! Other types of tops are not appropriate (e.g., halter tops, sundresses, bare midriff tops, athletic shirts, cut-off t-shirts, strapless tops, spaghetti strap tops, or tank tops) as we want to present to one another and to those we serve an image of Christ. NOTE: Some work sites may involve yard work, so bringing at least one long-sleeved t-shirt is recommended.
- **Bottoms:** For worksites, especially outdoor sites, long pants or longer shorts are preferred. Short shorts and athletic shorts are not appropriate.
- **Shoes:** Athletic shoes or work shoes/boots must be worn at all work sites. Sandals and flip flops are OK for use at our program facility, but not at work sites.
- **Messaging:** No clothing, hats, pants, etc., with inappropriate messages (e.g., alcohol, tobacco, profanity, sexual references or drugs) are allowed.