



THINGS TO BRING – New York Get Out. It's That Simple.

Things to Bring

When packing, you are allowed one small backpack type carry-on, one piece of checked luggage (Duffel bag or rolling suitcase, not more than 50 lbs) You will be carrying your own luggage.

- _____ Bible, journal, notebook, and pen
- _____ Sheet and light blanket
- _____ Casual dress clothes for church or skirt outfit (for girls)
- _____ **Tennis shoes or sturdy shoes (for extensive walking)**
- _____ 8 pair socks
- _____ Raincoat/poncho (optional)
- _____ Pajamas
- _____ Sweatshirt
- _____ Toiletries (shampoo, deodorant, etc.)
- _____ Undergarments
- _____ 2-3 pair of LONG shorts
- _____ 7-8 T-shirts (loose)
- _____ 2-3 Long pants for work days
- _____ Work gloves
- _____ **Water bottle (you must be able to carry your own water during the day)**
- _____ Towel and washcloth
- _____ Sunscreen (20 – 30 SPF), sunglasses or cap
- _____ Prescription and other personal medication (aspirin, cold medicine)
- _____ Spending money for souvenirs (approx. \$50)
- _____ Alarm clock (watch with alarm works great)
- _____ Form of ID: Student ID or Photo ID if 18 or older
- _____ One plastic jar of peanut butter and one jar of jelly (do not put in your carry-on)
- _____ Optional: healthy snacks (granola bars, dried fruit, etc.)

Do not bring expensive or large amount of jewelry (acceptable: watch, small earrings) or anything that you cannot afford to lose.