

**Shepherd of the Valley**  
**2017 Mission Trip Packing List and Clothing Policy**

# Packing List

- Sleeping Bag and Pillow
  - Single Air Mattress
  - Water bottle
  - **Cash (for meals on road)**
- MEDIUM SIZED DUFFLE BAG ITEMS**
- Towel / Washcloth
  - Toilet Articles (soap, shampoo, deodorant, toothbrush)
  - Work Clothes (old jeans/shorts, t-shirts, *NO spaghetti strap tank tops*)
  - Clean outfit to for dinner and worship
- Raincoat
  - Closed-toe shoes or work boots; flip flops for shower or beach only
  - Sunscreen |Sunglasses |Hat
  - Insect repellent
  - Bible
  - Sweatshirt and Pants (cooler nights)
  - Swimsuit—see below!
  - Optional cooling towel

**PERSONAL TOOLS— pack in your bag, with your name on them:**

- Tape measure
  - Safety goggles
  - Work gloves
  - Hammer
- Our team will need to bring additional tools for the week. A request list will be sent two weeks before the trip.*

# Clothing Policy

**PLEASE PACK:**

**Loose-Fitting Clothing**

During the week your clothes may encounter paint, sweat, and mud. *(No spaghetti strap tank tops. No cut-off shorts.*

**No yoga pants or spandex is allowed.** *Guys are NOT allowed to work shirtless.*

**Closed-toe shoes**

To prevent injury, you must bring a pair of shoes that completely cover your foot. Bring shoes that you don't mind getting dirty or wet at work sites and that you can wear in the kitchen. No plastic shoes (e.g. crocs).

**One-Piece Swimsuits**

We may spend part of a day at a lake. If you plan to swim, ladies should bring modest, one-piece swimsuits or a tankini with one piece coverage. If your swimsuit is deemed inappropriate by leaders, you'll be asked to wear a dark t-shirt over it. Swimsuits are also a good idea for additional privacy in the showers.

**Mid-Thigh or Longer Shorts (or pants)**

You will bend, twist, sit, climb, and crawl as you love and serve communities. **DO NOT** bring short shorts. **TEST FOR APPROPRIATE LENGTH:** Let your arms fall to your side – if your fingers touch skin, bring a longer pair. No cut-off shorts.

**NOT PERMITTED:**

**Apparel that distracts . . .**

- Tank tops, sleeveless, or “muscle” shirts
- Yoga pants or spandex
- Short shorts
- Clothing that reveals undergarments
- Clothing that reveals midriffs or chests
- Bikinis

**Also, apparel that . . .**

- Includes obscene, vulgar, abusive or discriminatory language or images
- Advertises or promotes alcohol, chemical, tobacco or any other product illegal for use by minors
- Represents hate groups, is gang-related, or contains threatening language

**Why Not?**

We represent Christ in the communities that we serve. While community members may choose to wear these clothing items, we know that our wearing them often works against our efforts to serve as the hands and feet of Jesus. This distracting apparel can be disrespectful and damaging to our long-term relationships.

**Electronics/Phone Policy (NOT PERMITTED):** Electronic games, gaming devices, media players, iPods, apple watches, and similar devices are not allowed. **NO MOBILE PHONES— no exceptions. All the leaders have phones with them and contact info will be provided to parents.**