

# Young Neighbors in Action

## Packing List

### Appropriate Dress

Dress at both the program and work sites should be casual but modest, i.e., jeans or long shorts, shirts/t-shirts, and tennis shoes.

#### **Dress Code**

- All shirts must have sleeves
- All shirts must be long enough to be tucked in (no tummies, please!)
- Collars should be modest
- Shorts should be mid-thigh length

#### **Not Allowed (please leave home)**

- short-shorts
- tank tops
- belly shirts
- T-shirts with suggestive or violent language
- Spaghetti straps or strapless tops
- Cut-off t-shirts
- extra baggy clothing

This "conservative" approach to dress is taken with an awareness of the summer sun's strength and respect for other cultures' sensitivity to proper attire.

Anyone working outdoors for most or even part of the day should wear a hat. Participants involved in repair or construction work shouldn't wear sandals or open-toe shoes and may want to wear jeans instead of shorts.

## **Packing List: Individual (Take the Minimum; Pack Lightly)**

Sleeping bag / sheets \*  
Sleeping pad/air mattress \*  
Pillow (1) \*  
Towel/washcloth (1-2)  
Jeans or work pants (2-3)  
Shorts (2)  
Swimsuit (1—should be a one-piece for girls, shorts style for boys)\*\*  
T-Shirts (3-4)  
Short-sleeve work shirts (3-4)  
Long-sleeve work/sweatshirts (1-2)  
Light-weight jacket/sweater (1)  
Sleepwear  
Socks (6)  
Underwear (6)  
Work hat, cap, or sun visor (1)  
Work gloves (1)  
Hair bands, bandannas (1-2)  
Sneakers (1)

Work Boots/Shoes (1)\*  
Lightweight rain gear/poncho  
Flashlight  
Soap  
Toothbrush  
Comb/hair brush  
Book, Bible, journal, writing materials  
Medication  
Personal needs (deodorant, etc.)  
Sunscreen  
Sunglasses  
Spending money

**Important:** Be sure to bring along a copy of your *family health insurance card*.

**\*Check with Program Director or Site Coordinator**

**\*\*If girls do not have a one-piece swimsuit, have them wear a t-shirt over the two-piece.**

## **Bring with: Community (Take the Minimum; Distribute Evenly)**

Basic First Aid Kit  
Shampoo, hand sanitizer  
Toothpaste  
Kleenex  
Insect repellent  
Laundry detergent (just in case)  
Hair dryer

Camera  
Favorite board games  
Basketball, soccer ball, frisbee, etc.  
Cooler (large enough to hold lunch & drinks for your team of 5-6)  
Cooler ice packs  
Drink cooler

## **Leave home: Individual & Community**

Cell phones  
Electronic games  
Radios/CD players/iPod/MP3 players\*  
Expensive clothing or jewelry  
Pocket Knives

**If** your participants decide to bring these along for the long trip from home to YNIA, please advise them to keep them packed up during the program. This will help keep those items safe and allow for better community participation.

**Remember:** Try to fit everything you are taking in one medium size duffel bag. Your team's bags all need to fit in the van! Pillow, sleeping bag and air mattress (if needed) may be packed separately.