

What to Bring to WorkCamp

We are staying at the Msgr O'Dwyer Retreat Center at 15523 York Rd. Sparks Glencoe, MD

Personal Items

These are your clothes and the necessary things to live away from home for a week. You will need work clothes as well as something comfortable to wear for evening program. Please keep in mind that space is limited both in your vans traveling to and from WorkCamp and in the sleeping rooms. Bring clothes that can get messed up!

- **One pair of lightweight cotton work pants-** (required for roofing, working with insulation and good for clearing brush). Can be worn all 4 work days!
- **Two pair of shorts for the work sites-** wear each pair twice.
- **One clean work shirt for each day for work site** – T-shirts but no sleeveless shirts
- **One long sleeve cotton shirt-** working with insulation/brush
- **Bathing Suit and Towel for pool-**T-shirt must be worn over swimsuit at all times by both guys & girls
- **Work boots are mandatory.** Work boots must have a hard bottomed sole. Steele toe is optional but can save your feet. Check out Wal-Mart
- **Tennis Shoes-** Wear for team building activities
- **16 oz. Water Bottle-** Keep with you to stay hydrated on work site and home base. Label with your name
- **Evening program clothes-**sensible for sitting comfortably on the floor with modesty in mind. These clothes can be worn more than once since you will be wearing only a few hours each night.
- **Sleepwear-**Shorts & T-shirts for sleeping and walking to the bathrooms. Nothing see-through, short or immodest. No tanks or sleeveless Ts. Guys must wear shirts at all times.
- **Personal tool kit-**Personal work tools will be put in your crew van on Sunday. Label them: your tools will get mixed up with others. Kit should include:

Impact resistant OSHA approved Safety Glasses and Work Gloves (required), Rubber gloves, Hammer, 2 Screw drivers (1 Standard, 1 Phillips), Paint Brushes, Tape Measure, Pencil, Sunscreen, Insect repellent, hand sanitizer, and Bag to hold everything.

- **Sleeping Bag or sheets and pillow-** bunk beds
- **Towel & Toiletries-** Bring a large towel & shower items.
- **Shower Bag or Caddy-** Used to carry clean clothes, towel, toiletries to shower
- **Flip Flops** –For shower and pool area
- **Work Camp T-shirt-** Marissa will get these to you.
- **Bible and Rosary**
- **Medications:** Will be given to the work camp nurse upon arrival. Please have medications put in a plastic baggie with name and directions if needed. Only pack enough for the week if you are able just in case teens forget their meds when they pack up on Friday.

What NOT to Bring to WorkCamp

- Anything of significant value that you cannot stand to lose
- Cell phones: should be kept in teens' rooms. They are far too valuable to take to work sites, but teens can use them to check in with parents at bedtime.
- MP#3 Player/ipods/Discman, Portable TV, movie or video game devices
- T-shirts with inappropriate messages or pictures
- Shorts/Sweat pants with messages on the seat
- Spaghetti strap tees/tank tops/sleeveless tees, Short shorts
- Sports equipment, skateboards
- Of Course: no Cigarettes, Alcohol, or Illegal Drugs

How to Pack

- **Duffel**-All personal items should be carried in a large duffel, mark it with your name.
- **Shower Bag**-Your bag is used to take clean clothes/toiletries to the shower each day. **Note**- Be sure to bring everything you need ...soap, towels, clean clothes, etc. You can brush your teeth in other sinks or later after showers are over.

Some additional Tips:

- Liquid soap is better. Please in zip lock bag with shampoo and other liquids
- Bring a couple of plastic grocery bags to put wet things in
- **Heavy work gloves are mandatory** but you may also want to bring platex rubber gloves
- Bring drying racks for wet swimsuits/Towels/T-shirts
- Box fans are helpful to keep sleeping rooms cool and help dry wet clothes.

Remember:

- Abstain from using derogatory language about the body
- Underwear is meant to be kept under your clothes and not to be seen
- The three B's must remain covered at all times (breast, belly, bottom)
- No inappropriate body language
- Shorts must extend to the finger tips when arms are placed at your sides
- Full clothing must be worn in the hallways at all times!
- Tank tops are not allowed... not even for sleeping- Sleep in shorts & T-shirts

St Tim's Parents are invited to serve as relief chaperones on Monday & Wednesday night from 3-7pm. If you forget anything at home we will let these parents know to bring it up for you on Monday. Parents please let Sandy know if you can help. She'll make sure you are STAND trained and find out your t-shirt size.

Our teens' chaperones for the week:

Colleen Manchester: 240-578-0894 Marissa Alspaugh: 240-344-3342 Pat Helmstetter: 240-344-3998