Habitat for Humanity Experience

Equipment

- Backpack
- Sleeping bag
- Sleeping pad (if needed)

Clothing

- Socks
- Underwear
- T-shirts
- Pants
- Shorts
- Sweatshirt
- Bathing suit
- Sleepwear
- Shower shoes/flip-flops
- Hat
- Hiking boots/sturdy shoes
- Sneakers

Other Items

- Pillow
- Towel/wash cloth
- Soap/shampoo
- Toothpaste and toothbrush/hair brush
- Flashlight
- Water bottle
- Necessary personal medications such as an EpiPen

Optional Items

- Bug spray
- Sunscreen
- Camera
- Reading material

Do NOT Bring

- Valuables
- Drugs/alcohol
- Radios/electronics