



Complete and return the Baptist on Mission General Medical Information Form and Adult Participant Liability Release Form to Carolinas.region@intervarsity.org. These forms must be completed and on file to participate in the project. (The forms were attached to your confirmation letter and can also be found on our website: ivcarolinas.com.)

Your meals, lodging and showers are provided on site. Participants will be sleeping on bunk beds.

InterVarsity will provide work gloves and safety goggles.

Wear appropriate clothing and shoes for rebuilding hurricane damaged homes. The tasks will include carpentry, painting and general handyman skills. You will return from the work site dirty each day so plan on a separate change of clothes for the evenings.

What to bring:

- Bible and notebook
- Sleeping bag or bed linens
- Pillow
- Towel, washcloth
- Jeans or workpants
- Shirts (may want some long sleeves for some jobs in addition to short sleeve)
- Socks, underwear
- Sleepwear
- Work shoes/boots/sneakers (closed toe!)
- Shower shoes
- Hat
- Rain gear
- Jacket
- Toiletries including soap and shampoo
- Any medications
- Sunscreen
- Water bottle
- Money for any travel meals or snacks
- Optional but handy: flashlight, bandanas