

# **PUSH THE ROCK – Clarkston, GA**

## **Packing List**



We are so excited about your upcoming trip with us to Clarkston GA. Here is a document to help you prepare for the trip. We will be living in a shared space (rooms and group showers) so pack accordingly. The trip will be 6 days of service with 2 travel days. There is no washer/dryer at the housing so pack enough items for all the days. As we are going in January the temperatures will be colder. Average daily temps are generally around 53 degrees while average night temps are generally around 35 degrees. The housing will provide pillows, sheets and blankets.

### **PTR will Provide:**

- 2 PTR shirts: These will be worn on two of the clinics.
- 1 PTR jacket.
- 1 PTR water bottle.

### **Items to bring:**

#### *Clothing*

- A nice outfit for Church (conservative length, no spaghetti straps).
- School/church spirit wear for the clinics – check with your leader
- Appropriate athletic wear for clinics
- Conservative sleepwear due to shared living space.
- Leggings are allowed at most events as long as worn with an oversized t-shirt.
  - o We will discuss the specifics at the team meeting.

#### *Other*

- Specific medication.
- Toiletries & toiletry bag.
- Towel & Facecloth.
- Bible / Notebook / Devotional Material / Journal.
- Music devices are welcome but should only be used during your free time and with headphones.

### **Don't Bring:**

- Short clothing: many of the cultures we will be working with are from a conservative background. Please make sure shorts and dresses are not more than 3" above the knees.
- Tank tops; specifically, spaghetti or thin strap tank tops.