

**Personal Packing List and Construction Items**

**NOTE: Please do not bring anything you can’t or don’t want to loose. Label items.**

|  |  |
| --- | --- |
|  | Photo ID & **PASSPORT** |
|  | Prescriptions in original bottles, Pepto Bismol |
|  | Sleeping bag, blanket, pillow |
|  | Cot or single wide foam or air mattress. Please do not bring double wide, limited space |
|  | Toiletries, only soap provided. (Toothbrush, toothpaste, brush, shampoo, lotion, etc.) |
|  | Towel and washcloth |
|  | Flashlight, batteries |
|  | Water bottle marked with your name |
|  | Sunglasses, and hat/visor |
|  | Sun block, lip balm, insect repellent with Deet 20% |
|  | Work gloves |
|  | Work shoes, closed toes and thick soles |
|  | Work clothes, long pants required for construction sites, no tank tops or short shorts for programs |
|  | Camp clothes, shorts and dresses ok |
|  | Jacket or sweatshirt for cool evenings |
|  | Camp shoes |
|  | Ear plugs |
|  | Camera & charger (same electricity as USA |
|  | Journal and Pen |
|  | Spending money for meals on the road when driving to TJ |
|  | **FOR THE CAR RIDE** |
|  | Water, snacks, wet wipes, motion sickness medicine if needed, cards, games to share |
|  |  |
|  | **CONSTRUCTION TOOLS TO BRING MARK EVERYTHING WITH YOUR NAME!** |
|  | Hard Hat. Bandana to cover your neck. |
|  | Safety glasses and or safety sunglasses |
|  | Long sleeve shirt and long pants |
|  | Work boots or hiking boots so nails don’t penetrate sole. Need sturdy and hard soled |
|  | Work gloves |
|  | Nail apron or small tool belt |
|  | Framing hammer, 20 oz with smooth face |
|  | Tape measure |
|  | Utility knife |
|  | Sharpie and carpenter pencil |
|  | Water Bottle |
|  | **Bring these tools only if you have them** |
|  | Small pry bar (wonder bar) |
|  | Nail Puller |
|  | If you are going to work on electrical: |
|  | Wire Cutter, blunt and needle nose pliers, screwdriver flat and phillips |

**Community Norms for Tijuana - Summer 2023**

**Goal: make this the BEST experience possible for ALL of our volunteers**

* **Be present so you can encounter God in all of us and around us.**
* **Build community and fellowship with all volunteers on the immersion trip.**

To that end, we need to be sure we are present with each other and reaching out to build community throughout the week.

* Make it a goal to sit next to different people at meals throughout the week. Reach out and make a new friend!
* Every day try to have a conversation with at least one person you didn’t know before the trip.
* Consider a daily goal of talking to someone you have not yet spend time with on this trip who is a different generation from you!
* Please be mindful of your phone and social media use and the following norms:
  + We recognize that people need to keep in touch with families back home. We would like to encourage you to be conscious of when and how often you communicate. We encourage you to limit calls and texting to the morning before breakfast, 4:30-6pm in the evening, or right before lights out, before you enter the sleeping areas.
  + Please limit your **social media connections**. If you wish to connect on Instagram, Facebook, Snapchat, Twitter etc. please do so in the morning before breakfast or between 4:30-6pm. Please do not use your phone in the dome. Again, the goal is to be present with the people here in TJ with you.
  + If you have your phone out during the day, it should be on airplane mode and ONLY used for taking an occasional photo.
    - Of course we understand that things happen and there may be exceptions required. If you are a teen, please let your guardian/supervisor know and if an adult, please let another adult traveler know that your a making/taking an urgent call. If you need to be in private space, please let someone know where you are.