



Packing Recommendations for Your Stay at AMEN House

What to bring:

- SUPER IMPORTANT: Sleeping bag or twin-size bed sheets. We do not provide bed linens, although our mattresses are protected with high-quality, bed-bug resistant mattress covers that we regularly clean.
- Pillow
- Work clothes (old shorts, jeans, t-shirts)
- Work shoes (closed toe shoes like boots or sturdy sneakers – flip flops and open-toed shoes are NOT allowed at work sites)
- Sunscreen / bug spray
- Hat
- Casual clothes for free time/outings
- Light jacket (for rain)
- Socks and underwear
- Towel/washcloth
- Toiletries (soap, shampoo, toothbrush, etc.)
- Sleep wear (suitable for co-ed areas)
- Appropriate medications (any you take on a regular basis, plus an inhaler if you have asthma or an epi-pen if you have severe allergies)
- Bible
- Personal notebook or journal, pen
- Sunglasses
- Water bottle
- Spending money
- Books and DVDs for free-time

Provided at the AMEN House:

- Cleaning supplies
- Paper towels & toilet paper
- Kitchen utensils - cups, bowls, mugs, pots, pans, crock-pot, baking sheets, microwave, coffee pot, etc.
- Washer/dryer
- TV with DVD/VHS player
- Board games, Apples to Apples, puzzles
- First aid kit

NOT PERMITTED at AMEN House:

- Electronic or computer games
- Weapons or weapon-like toys or devices
- Irreplaceable jewelry or clothes
- Alcohol and recreational drugs