

# Things to Bring on Your Gulf Coast Service Trip

You should pack as lightly as possible because you won't have much room to store your possessions. Bring only one suitcase or duffel bag and only a small carry-on bag or backpack, if necessary. Plan to wear layers of clothing as the weather may vary.

## Necessities:

- Good sleeping bag
- Sturdy work shoes/boots
- Good work gloves (leather)
- Socks/underwear/thermal underwear
- Jeans/work pants
- T-shirts/long-sleeved shirts
- Sweater/sweat shirt
- Light jacket
- Rain gear/poncho
- Towel/washcloth
- Soap/toothpaste/shampoo/razor/ etc.
- Eating/cooking utensils
- Prescribed medications
- Plastic “zipper” bags
- Watch
- Credit card, ATM card, cash, driver's license
- Antibacterial Hand Gel/Wipes

## Suggested items:

- Sleeping pad
- Hat/bandana
- Cards/games/small musical instruments
- Sunglasses/extra glasses/extra contacts/wetting solution
- Small mirror
- Lip balm/sunblock/heavy duty bug repellent/antibacterial hand soap
- Flashlight/batteries
- Camera and film
- Notebook/pen/pencil
- Immunizations recommended: Tetanus, influenza, and Hepatitis A

Don't bring anything you would be devastated to lose—jewelry, keepsakes, electronic equipment, etc.

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Adapted with permission from “Organizing an Alternative Spring Break,” Break Away, The Alternative Break Connection, Inc., [www.alternativebreaks.org](http://www.alternativebreaks.org)