MCC/SWAP Orientation Packet

SWAP Packing Checklist

What Each Volunteer Should Bring:

✓ Work clothes ○ Long pants, knee length shorts, old shirts with sleeves work gloves, protective closed toe shoes, work gloves and eye protection
* Bring enough for your full SWAP visit, laundry not provided.

✓ Leisure clothes ○ Long pants or knee length shorts and shirts with sleeves.
    ○ One-piece swimsuits (or tankinis that overlap) and cover ups.

✓ General Items
    ○ Jackets, hats, sunscreen, rain gear
    ○ Towels, washcloths, PJ's, flashlights and shower shoes (i.e. flip flops) ○ Personal toiletry items: toothbrushes, soap, shampoo, deodorant, etc.
    ○ Sleeping bags or linens for a single bed and pillow (mattresses are provided)
    ○ Devotional materials – Bible, pen and paper, musical instruments, favorite songs, skits etc.
        ▪ Come prepared to share your gifts with us
    ○ Hindman location – binoculars for elk watching

What the Group Should Bring:

✓ Medical Release Forms copies, each person will need their copy at the job site
✓ Tools – US groups (Canadian groups are encouraged to purchase items after crossing the border)
✓ Gloves, safety glasses and masks
✓ Evening snacks, some locations have snacks available for purchase.
✓ One first aid kit per vehicle
✓ Envelope and stamp for each volunteer, to be used during the Friday evening session
✓ One vehicle per 7 volunteers, groups are responsible to provide travel to the job-sites
✓ Optional: Donations for SWAP from the Ministry Needs lists:
    https://mcc.org/media/resources/8736

Do not bring:

✓ iPods, tablets/laptops, etc. (Typically internet access is not available.)
✓ Jewelry, large amounts of money
✓ Fast-paced, task-oriented lifestyle

SWAP has a variety of souvenirs that you may want to purchase as reminders of your experience in Appalachia, such as T-shirts, hats, mugs, coal-crafted souvenirs, SWAP insulated lunch bags and more.
At the end of the week a DVD with photos of your week and a slide show will be available for a suggested donation. Proceeds will help SWAP continue to make homes safe, warm and dry.