

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.