This a packing list taken directly from documents sent to ABE from United Saints – please read it and pack accordingly!

What to Bring:

**Documents:**

* drivers license or other government ID
* medical insurance Card
* auto insurance card (if you plan on driving at all)
* for international volunteers make sure you have your Passport, copy of birth certificate and Visa if necessary

**Clothes**

* long-sleeve shirts or sweatshirts for protection from sun, bugs, or construction hazards
* short sleeve shirts
* jeans (keep in mind these things may get dirty/ruined)
* sturdy, thick soled shoes (work boots or steel toes are suggested)
* hat/cap/bandana/sunglasses
* shorts or lounge pants for sleeping
* light jacket
* "good" clothes in case your group goes out somewhere
* shower shoes or flip-flops

**Safety/Worksite**

* work gloves
* safety glasses/goggles
* sunscreen
* aloe vera or after burn lotion (in case you forget to put on your sunscreen)
* bug repellent
* water bottle
* string bag or backpack for bringing your personal belongings to site
* personal first aid kit (band aids, antibacterial ointment, alcohol wipes, etc)

**Toiletries/Health Items**

* shower stuff and a small caddy or bag for carrying them to and from the bathroom
* wash cloth/towel
* toothbrush and toothpaste
* contact solution, carrying case, and spare set
* eye glasses
* baby wipes
* hand sanitizer
* allergy medication
* any prescription medication you bring should be in original prescription bottle with correct label, and please make sure you bring enough to last your trip
* any over the counter medications you regularly take or think you might need

**Comfort/Personal**

* sleeping bag/bed linens and pillow
* books/magazines (a small reading light so you don't keep your roommates up)
* mp3 player/IPod and charger
* cell phone charger
* lap top/tablet (there is WiFi in the apartments)
* journal and pen
* camera and charger
* teddy bear, blankie, anything that makes you happy!

 **Please note that USRP is not accountable or responsible for items stolen, lost, or broken on the work site or at the housing facility. You should use your best judgment in what you choose to bring on your trip, and you are ultimately responsible for your own belongings**