

Packing List

We have updated the packing list for BRIDGE to help participants plan for their adventures. Please note and pay attention to the season and time of year that your group will be attending and plan accordingly for your wardrobe. We have marked a "seasonal" section below to help with some suggestions.

General/Standard:

- Bible
- Personal medications (inhalers, epi-pens, benadryl, anti nausea)
- Sunscreen / after sun care
- Bug spray / after bite care
- Toiletries (shower shoes, shampoo, toothbrush/toothpaste, hairbrush)
- Bath towel, washcloth
- Beach towel(s) / you may wish to bring more than one as they can take longer to dry in the summer months
- Air mattress (full or twin size) is highly recommended. **Please note that BRIDGE does not have sleeping bags or mattresses on site - participants must bring their own**
- Pillow
- Sleeping bag and/or linens
- **Reusable water bottle**
- **A day backpack** (one where you can fit most your daily needs; lunch, water rain jacket sunscreen etc)
- Lunch box is optional (that can fit in said day bag)
- Face masks
- Work gloves
- **Clothing:**
- Undergarments
- Sleepwear
- casual clothes for non work times
- One pair of lightweight pants are suggested
- Shorts
- Socks
- T-shirts
- Long sleeve shirts
- Sun hat/ ball cap
- Sunglasses
- Water gear / activewear (sportswear that can get wet and quick to dry)
- SHOES: closed toed hiking/walking shoes
- Water shoes both flip flops and secure water shoes (tevas, chacos, kneens, natives)

Seasonal Suggestions:

- Rain gear
- Heavier winter jacket that can be worked in
- Rash guards
- Clothing with SPF protection
- closed toed shoes that can get wet