

## LEHIGH PRESBYTERY HELPING HANDS



- **Flexibility** is an important aspect of our mission. We travel to Long Beach, Mississippi to do God's work even if it's not exactly what we planned. Be prepared to have everything change before your very eyes!
- **Servant Heart.** We can lift those who have been affected by bringing some hope and refreshment to those who have lost so much.
- **Praying Daily** Take time each day to commit to praying for every phase of our trip. Ask friends, family and members of your home church to keep you, the work team and those we are helping in their thoughts and prayers.

### WHAT TO BRING

#### For the Trip Down and Returning

- Lunch to eat on the road Saturday. Snacks/Coffee Mug/with lid, Pillow. Small overnight bag for Saturday evening at Farragut, Tennessee 10/25/08
- Small overnight bag for Saturday night 11/01/08, when teams will be returning. Pack a change of clothing and any personal items you'll need.

#### Bedding

- Sleeping Bag and/or bedding
- Flat sheet (sometimes too hot to sleep in bag)
- Pad will help comfort in sleep

#### Clothing

- Work boots
- Rubber boots (or shoes that protect your feet in case of water)
- Leather or heavy duty work gloves
- Rain Gear
- Hat, visor, bandana and/or sweatband
- T-shirts/casual or work shirts
- Jeans or cotton trousers, shorts
- Warm Jacket
- Sweatshirts/Fleeces – warm clothing for chilly nights
- Sleeping attire (you are at a church site with both genders)
- Shower shoes/robe (shower shoes are a necessary at this site)

## **What to Bring (continued)**

### **Personal Items**

- **Toothbrush/toothpaste**
- **Soap**
- **Towels/washcloths**
- **Deodorant**
- **Personal medication in labeled containers**
- **Razor/shaving cream**
- **A good sunscreen**
- **Wet wipes**
- **Insect repellent**

### **Miscellaneous**

- **Fanny pack/backpack**
- **Spending money ( a money belt for convenience and security)**
- **Water Bottle**
- **Cell phone/bring AC and DC chargers**
- **Book**
- **Bible**
- **Cards**
- **Travel Clock**
- **Personal radio/mp3cd player with earphones.**

**NOTE: While there will be someone at the Long Beach Presbyterian Church at all times, there will be no way to secure items on the site. Please leave valuables at home and plan to keep personal valuables with you or locked in vehicles. If you don't need it, we advise not to take it. DON'T TAKE ANYTHING YOU CAN'T AFFORD TO LOSE.**

**Lehigh Presbytery Mission Work Trip, Long Beach, Mississippi, October 25-  
November 2, 2008.**