

# NORTH CAROLINA



## WHO HAS GOD CALLED ME TO SERVE?

On September 23, 2024, Hurricane Helene delivered a devastating blow to North Carolina. The Appalachian region hardest hit is still reeling from the magnitude of loss and destruction. It's time to mobilize as the church and bring hope. Our mission to rebuild lives and restore communities is now more crucial than ever.

We are humbled to announce a two-year long-term recovery plan focused on the North Carolina communities of Old Fort, Swannanoa, and Black Mountain. Your hands-on help can bring hope and healing where it's needed most.

### WHERE WILL I STAY?



- Lodging is with Excel College
- Bunk beds or cots **are** provided
- Bring your own twin-sized bedding and a pillow

### WHAT WILL I DO?



- Family Support
- Service Projects
- General Cleanup
- Sorting & Resourcing Donations
- Rebuilding Homes

### WHAT SHOULD I BRING?



In addition to the packing list:  
Be sure to bring your own work gloves!





# PACKING LIST



## CLOTHING

- Clothes appropriate for outdoor activities
- One semi casual outfit (pants/skirt and nice shirt)
- Pajamas
- Underwear and socks
- Rain jacket
- Close toed shoes, shower shoes
- Long pants for construction projects and/or homeless ministry
- Work gloves



## OTHER

- Bible, student journal, pens
- Backpack
- Water bottle
- Travel First Aid Kit: Band-Aids, Neosporin, anti-itch cream, aloe, etc
- Granola bars, small snacks, drink mixes, etc.
- Personal money



## TOILETRIES

- Towel
- Soap
- Shampoo
- Deodorant
- Toothbrush
- Toothpaste
- Sunscreen
- Medication
- Insect Repellent



## BEDDING

- Sleeping bag or sheets
- Blanket
- Pillow
- Flashlight or headlamp

## WHAT NOT TO PACK

- Any item that supports a focus on appearance
- Any item that isolates people from participating with the rest of the group
- Anything you aren't willing to part with

## GENERAL CLOTHING GUIDELINES:

It is important to remember that when you are on the field ministering, you are representing God, Adventures In Missions, and local missionaries. Modesty is the key to all clothing you decide to bring with you. If you are questioning whether or not you should bring it, then leave it at home. Here are a few guidelines for clothing choices:

1. Bring something modest to sleep in.
2. No short, tight, or clingy clothing is permitted.
3. Sleeveless shirts and tank tops that are 2" wide are permitted on girls. No sleeveless shirt of any form is permitted for guys.
4. If you cannot raise your arms above your head or touch your toes without showing your stomach or lower back, leave it at home.
5. Shorts must come to the top of the knee. Capris and gaucho pants are great options.
6. Skirts and dresses should be below or close to the knee.
7. Make sure clothes are not stained and/or torn (except for clothes for painting/heavy manual labor). You do not have to wear your best clothing, but make yourselves presentable. It may be offensive to the locals if you look sloppy