

What to pack for F.I.R.S.T



You should pack a bag ahead of time with things you will need for the days/nights at Chapman Lake. The retreat center is equipped with sheets, blankets, towels and pillows (no need to bring these)

- Your ROYAL CARD – can't eat without it!
- Casual Clothing like shorts, capris and t-shirts). You need to be dressed appropriately for our work sites. That means no short shorts, baggy shorts or tops that expose cleavage, midriffs or are see through. We do not want to see your undergarments! Please include one pair of long pants.
- Old clothing for painting projects
- Comfortable shoes – include at least one pair of sneakers and an old pair for White Water Rafting. Flips flops will NOT be allowed at service sites or on the rafting trip.
- Bathing suit and beach towel
- Sweatshirt (lake gets cool at night)
- Toiletries including sunscreen and bug spray
- Personal journal/Diary (if you wish)
- Games, music and lots of ideas for fun activities in the evenings
- Hat and sunglasses
- If you wear eyeglasses, bring a strap for White Water Rafting. Otherwise you will not be able to wear them.
- Your own pillow (if you are attached to it)
- Prescription medications (i.e, inhalers, epi-pens, etc). Must be in original container with your name on it. We will NOT be dispensing any medications.

What NOT to bring:

- Valuables! We will not be responsible for jewelry, ipods, cellphones, computers, tablets, etc and there is no secure area to store them. Leave them in your dorm room or at home
- Alcohol and drugs are not permitted. You will be adhering to the [Student Code of Conduct Handbook](#).



The University of Scranton, Center for Service & Social Justice

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