



PACKING LIST

ADULT VOLUNTEERS

REQUIRED ITEMS

In addition to the general items listed below, please ensure you also pack these mandatory items depending on your team.

- **Food Service Team:** You need to wear closed toed shoes and a hat while in the kitchen.
- **Maintenance Team:** You are required to wear closed-toed shoes during the work day and will benefit from clothes you can get dirty in, steel toed shoes and personal work gloves.

GENERAL PACKING LIST

Here is a list of general items that all adult volunteers will want to check when packing!

- ✓ Running Shoes (1-2 pairs)
- ✓ Sandals / Flip Flops (1)
- ✓ Bathing Suit
- ✓ Underwear
- ✓ Warm Socks
- ✓ T-Shirts / Tops
- ✓ Sweatshirts / Sweaters (1-2)
- ✓ Shorts (1-2)
- ✓ Pants (1-2)
- ✓ Rain Gear (rain jacket, umbrella)
- ✓ Hat
- ✓ Beach Towel
- ✓ Shower Towel
- ✓ Sunscreen
- ✓ Insect Repellent
- ✓ Sunglasses
- ✓ Reusable Water Bottle
- ✓ Plastic Bag (for wet clothes/towels)
- ✓ Pillow
- ✓ Toiletries
- ✓ Sleeping Bag / Bedding
- ✓ Flashlight

BEDDING:

You are responsible for bringing your bedding! Please note that volunteer accommodations often have double or queen-sized beds. We recommend bringing:

- ✓ Fitted Sheet
- ✓ Sleeping Bag OR Duvet
- ✓ Pillow

Please email the Volunteer Coordinator if you would like to know the size of bed in your accommodation!

PLEASE DON'T BRING:

- Alcohol
- Cannabis
- Cigarettes
- E-Cigarettes & Vape Pens
- Weapons (ie. knives, guns, etc.)



Here To Help!

ALEXA McQUILLAN
VOLUNTEER COORDINATOR

alexaminiyowe.com
905-921-6311