

Know Sweat 2011

Definitely do bring this stuff:

- ✓ 2-3 pairs of long work-type pants
- ✓ 4-5 pairs of shorts (w/ at least 6 inch inseam)
- ✓ T-shirts for worksite and evenings
- ✓ Underclothes and socks
- ✓ One-piece swimsuit (CIY will not allow two-piece)
- ✓ Sturdy, enclosed shoes (sneakers will work)
- ✓ Flipflops or sandals (for showers)
- ✓ 1 pair of work gloves
- ✓ Bathroom stuff (2 towels, shampoo, toothbrush/paste, deodorant, etc.)
- ✓ Bedding (sleeping bag or sheets/blanket, pillow)
- ✓ Flashlight
- ✓ Sunscreen, sunglasses, brimmed hat
- ✓ Bug repellent (mosquito, tick, etc.)
- ✓ 2 large garbage bags
- ✓ \$40 (for food, offering, snacks, misc.)
- ✓ **Bible, pen, and notebook**
- ✓ Optional: Camera (not cell phone), games, cards, footballs, frisbees, etc.

Definitely don't bring this stuff:

- Inappropriate clothing (anything skimpy or with writing on the butt, two piece swimsuits, short shorts, shirts with bad stuff on them, etc.)
- iPod (or any music player or stereo)
- iPad, laptop, or any computer
- **Cell phone (seriously)**
- Video game device (DS, PSP, etc.)
- Weapons (even pocket knives)
- Drugs, tobacco, or alcohol
- Bad attitude, or whining
- Unreasonable idiocy

Any of these items found may be grounds for immediate dismissal at parent's expense.

Approximate Schedule:

June 20th

Meet at Lighthouse building at 10am

June 21st-23rd

Know Sweat activities

June 24th

Arrive home at approx. 2:30pm

We will have kids call parents when we start heading back to the church, just to give a more precise time to pick them up. Until then, assume that this schedule will be followed strictly.

Why no cell phones?

We've found that without cell phones, kids in general (that includes you) connect more fully to the trips and events around them. They're forced to engage in interactions face-to-face, and it brings with it deeper relationships and shared memories. We're not trying to be some great big party pooper. We don't get some sick satisfaction out of denying you your phone. We're honestly trying to do you a favor.

We think you can live without a cell phone for a few days. Who knows? You might even like it! But don't test us on this, or you could find yourself with a one-way ticket home at the parent's expense. If you really need to call or be called, we'll provide emergency contact information for each trip.