

# SYNOD JOURNEY PACKING LIST

This is a suggested list of what to bring on The Synod Journey. Due to limited bus space, you are **only allowed ONE suitcase and ONE small carry-on (like a backpack)**. Your suitcase should not be larger than what most airlines accept (Delta regulations limit suitcases to a linear dimension (length + width + height) of 62 inches and weight limit of 50 pounds). Bus Captains have the right to ask you to re-pack your items into a smaller bag if your luggage exceeds this size. Remember: You carry what you pack, so pack lightly!



**Texas is HOT!** The average temperatures in July are: **Galveston:** High of 86, Low of 77, **Houston:** High of 88, Low of 74 **PLUS** humidity - pack accordingly! But also remember that NRG Park venues will have sub-artic air conditioned temps, so don't forget a sweatshirt or sweater!

Texas A&M has free laundry machines for our use. The Synod Journey will provide limited detergent pods for adult leaders. The Wyndham offers dry cleaning and laundry facilities for a charge. Time for doing laundry is limited. You may want to bring some liquid detergent to hand wash items in the sink if necessary. We will love you even if you're a little dirty and rumpled!

**The Northeastern Minnesota Synod, your congregation, and your adult leader is not responsible for damaged, lost or stolen property.** Items that cannot be replaced should be left at home! Cash and credit/debit cards should be carefully watched. We encourage groups to discuss how money will be kept and/or handed out to participants throughout the trip prior to departure.

## General to Bring:

- Sunblock (SPF 30 or more!!) and Bug Lotion
- Rain jacket or poncho
- Toiletries (*Toothbrush, Toothpaste, Soap, Deodorant, Shampoo, Hairbrush, etc.*)
- Sunglasses
- Underwear
- Socks
- Shorts (2-3 pair)
- T-Shirts / Tank Tops (3-4. *Remember - you will receive a blue synod t-shirt when we arrive in Galveston, and an orange t-shirt for your Service Learning day in Houston.*)
- Jeans/Lightweight Long Pant(s) (1)
- Sweatshirt or Sweater (1)
- Shoes or Sandals (1-2 pair. *At least one pair should be good walking shoes. It is HIGHLY recommended that you **DO NOT wear flip-flops for walking in Houston!** Flip-flops are the #1 cause of injury at the Gathering!*)
- Pajamas
- Swimsuit
- Beach towel
- *Optional:* Water shoes for the beach
- **Water Bottle** (*Should hold at least 16 oz.*)
- Bible/Paper/Pen or Pencil
- Sturdy Backpack
- Medications (*Check with your group leader if these need to be kept by an adult.*)
- An open heart, ready for learning, growing and having fun!

## Work to bring:

Although you will not know what your service project is until we arrive, plan for all work clothes to get dirty and/or paint stained! In Galveston you will be told your work assignment the night before, in Houston you will be told when you get on the bus that morning. We suggest bringing one set of work clothes to wear for each day of work, with the option that you may wish to throw them away when we leave Galveston. If you sweat to excess, please feel free to bring a different shirt for each day!

- Old, Sturdy, Closed Toe and Heel Shoes (1 pair. *No slip-on shoes, flip-flops or Keen sandals.*)
- Socks (2-3 pair)
- Old T-shirt (2-3, *No tank tops on our work days*)
- Old Shorts (2-3 pair. *No "short-shorts"*)
- *Optional:* You might consider including a light-weight long sleeve shirt and long pants, in case you are assigned to landscaping work.
- Hat or Bandana
- Paintbrush (*One 3" or 4" brush per person. Do not expect the paintbrush to return home!*)
- Work Gloves (1 pair)

### **Each congregation group should bring:**

*Again, you will not know your work assignment until we arrive, but better to be prepared!*

- Paint Scrapers (one scraper for every 6 youth)
- Rags (one per person, or one box per group)
- Small tools (screwdrivers, hammers, hand saws, pry bars). Please do not bring your best tool set! Assume items will get lost or broken!

**Don't forget a re-usable water bottle for every participant!!**

## For Texas A&M:

Linens and toiletries are NOT provided at Texas A&M. Rooms are air conditioned.

### **Each person needs to bring:**

- Twin Sheets (XL) and Blanket, or Sleeping Bag
- Pillow
- Towel/Washcloth
- Toiletries: Soap, Shampoo, Hair Dryer



## Optional to Bring:

- Camera (*If you use your cell phone as a camera, be sure it is set to airplane mode.*)
- Addresses of Friends and Parents, Stamps
- Small amount of laundry detergent (one bottle per group or room)
- External/Portable Cell Phone Charger

## Adults to Bring:

- First Aid Kit (1 for each adult leader)
- Air mattress (*may be needed for housing policy*)
- Copies of all forms (Synod Health and Release, ELCA Release, ELCA Medical, Covenants)
- Meal Money plan for your group

### Optional Items:

- Colored pencils/gel pens for Synod Journey journals (*journals will be provided*)
- Visual item to lead group at NRG Park and crowded areas (ex., stuffed animal, inflatable toy, foam finger). *Please note: Sticks are banned from NRG stadium and will be taken at the door. Selfie sticks must be stored in a bag with an adult during programming. Walking sticks are ok if needed for medical reasons.*
- Story Kit Bag (*you will need to replace your candle with a battery-operated candle*)
- Adult leaders are allowed one extra suitcase or box if necessary for food supplies, mattress pad, etc. AND one cooler.
- Extra supplies for youth: water bottle, sheets, backpack, feminine products, towel, soap, toothbrush..
- Cards, games for free time/waiting in line

## Offering Opportunities:

- **Synod Journey Offering:** Will be divided between our Servant Event Partners: United Way of Galveston, Galveston Urban Ministries, First Lutheran Church (ELCA) of Galveston.
- **ELCA Offerings:** Global Farm Challenge, In Kind Donations (see list on ELCA website), and Sunday Morning Worship Offering (TX-LA Gulf Coast Synod, Prison Congregations of America, Global New Starts)

## What not to bring:

- Any form of illegal drugs or alcohol. If you are found in the presence of or in possession of these, you will be sent home at your parent's expense.
- Boomboxes (MP3 players, iPods are fine)
- Firecrackers, fireworks, firearms, squirt guns, knives, laser pointers, cigarette lighters, weapons and similar items.
- During programmed activities, participants are asked to leave electronic devices (mobile phones, gaming devices, iPods, MP3 players, etc.) in rooms or with adult leaders in order to be fully engaged in the trip activities.

### **Mobile Phone/Device Reminders:**

- As part of the Synod Covenant you signed, cell phones are not allowed during community time on the Synod Journey portion of the trip. Phones used as cameras must be turned to airplane mode.
- Participants will be given designated times in which they can call home. **Parents - please refrain from calling your youth so they can fully engage in and experience the Synod Journey! Please call adult leaders in case of emergency.**
- While in Houston, cell phones should only be used in case of emergency or as part of the ELCA Youth Gathering program. Please see the "Expectations and Covenant Explanations" document for further clarification.
- Adults, if you bring a cell phone, please make sure it is set to "vibrate" to avoid disrupting the speakers and activities. Please respect the covenant you and your youth have signed by only taking emergency phone calls and using your group designated times to connect with family or work.

## NE MN Synod Dress Code:

Wear appropriate clothing at all times. Logos, captions, and appearance should reflect the spirit of The Synod Journey. As a sign of respect for others and for our safety, we ask that clothing cover all underwear (including bra straps, sport bras and boxer shorts) and no belly buttons show. Swimsuits should be modest. T-Shirt will be provided for certain program days during The Synod Journey. At other times, t-shirts will be given for participants to wear if clothing is deemed inappropriate.

The Northeastern Minnesota Synod Dress Code is in place to protect youth and adults as we venture into neighborhoods with different cultures than our small towns of northeastern Minnesota. The Dress Code also reflects that we are children of God, and as such, honor our own bodies and respect others by what we wear. With this in mind, we reserve the right to ask youth and adults to change clothes or put on a t-shirt if what they are wearing is inappropriate (ex., t-shirts or hats with beer slogans or offensive language) or not within our stated dress code.