

Our Lady of Mount Carmel Project H.O.P.E.

Itinerary and Packing List

Itinerary-Saturday June 17, 2023

6:30 AM	Arrive at parking lot outside St. Teresa gym
7:00 AM	Morning Prayer
7:30 AM	Pictures, finish loading, good-byes
8:00 AM	On the road
3:00 PM	Arrive at The David School -Unload vans -Stash personal gear in rooms
5:00 PM	Mass at St. Martha
6:30 PM	Next day's schedule announced Start dinner

Items needed before departure by June 7 (or you stay in Pittsburgh)

- Release/ Medical forms- online at phope.org
- Up to date tetanus shot, it is recommended that you receive one if you haven't had one in the last ten years
- \$300 Trip Fees- Venmo @MountCarmelCYO

Items to Pack for the week

Everyone can bring one suitcase, a sleeping bag and a pillow. Any extra money or other articles you bring (such as a camera) are your responsibility. **Label all your tools with your name.**

- **Money for food on the way down**
- **Pocket money for the week**
- **Long pants and t-shirts for 5 work days** (I can usually get at least two days out of a pair of pants. Make sure they are clothes you're not afraid to burn at the end of the week)
- **Bandanas**
- **Mask**
- **Water bottle (Nalgene, Yeti, Hydro Flask type)**
- **Non-work clothes** (No running shorts, or short shorts and no tank tops- you will be asked to change)
- **Toiletries / towel**
- **Pillow, sleeping bag / sheets**
- **Tool bag or box that fits all of the following tools:**
 - **Tool belt**
 - **Hammer**
 - **Utility knife**
 - **Carpenter pencils**
 - **Tape measure** (at least 25 ft)
 - **Work gloves**
 - **Safety glasses**
- **Hard soled boots**, steel toed preferred
- **Sunblock**
- **Flashlight**
- **Rain gear**
- **Sweatshirt and/or windbreaker**
- **Three dozen cookies in a container labeled with your name** (Verrrry Important!)

We will return on Saturday, June 24 in time for either 4pm mass at St. Teresa or 6pm mass at St. Sebastian