

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

Itinerary and Packing List

Itinerary-Saturday June 20, 2026

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
10:30 AM	Flatwoods, WV
1:00 PM	Lunch- Louisa, KY
3:00 PM	Arrive at The David School -Unload vans & box truck -Stash personal gear in rooms
5:00 PM	Mass at St. Martha (if no OLMC Priest is accompanying us)
6:30 PM	Next day's schedule announced start dinner

Items needed before departure by June 10 (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 is expected bring one suitcase, a tool bag, a van carry-on, a pillow, and sheets. Any other articles (large tools, camera, games, etc.) you bring are your responsibility. **Label all your tools with your name.**

- **Money for food on the way down**
- **Pocket money for the week**
- **Work pants and t-shirts for 5 work days** (You 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**
- **Water bottle (Nalgene, Yeti, Hydro Flask type)**
- **Non-work relaxing clothes** (t-shirts, basketball shorts, joggers, etc.)
- **Toiletries / towel**
- **Pillow / 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**
- **Two dozen cookies in a container labeled with your name** (Verrrry Important!)