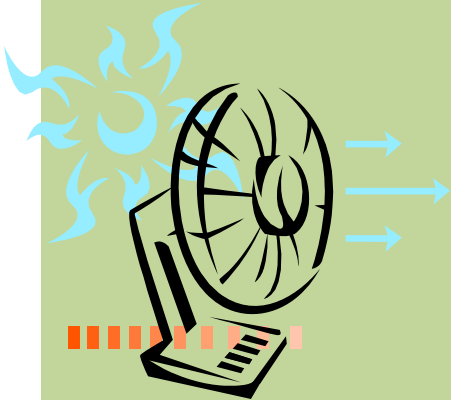


Momentum Packing List and Guidelines

What Do I Pack?

- Bible
- pen or pencil
- sheets (standard twin size) & blankets or a sleeping bag
- pillow & pillowcase
- bath towels
- washcloths
- soap & toiletries
- robe and sandals (hall bathrooms)
- spending money
- one-piece, modest bathing suit or boxer-style swimming trunks (optional – no pool)
- casual clothes
- recreational clothes
- work clothes for Saturday work projects
- work gloves (optional)
- closed toed shoes for work projects
- bug spray
- sunscreen
- light jacket or sweatshirt
- camera (optional)
- offering for the Momentum Youth Project



It's
like a
heat
wave
going
on!

Thoughts on Modesty

When packing for Momentum, the goal is to bring modest clothes. While "modest" styles and trends vary across the country, for this week everyone is asked to cooperate with the following guides for what is termed modest at Momentum. These general guidelines are to keep us from drawing undue attention to the physical body. While the clothing items listed below may not be a modesty issue back home, we are asking everyone to cooperate with a common denominator of modesty at Momentum.

Please leave at home any clothes that leave your underwear, hips, tummies, or cleavage visible; shirts with less than 1-inch straps; shorts that are shorter than mid-thigh. Swimsuits should be one-piece for girls (not tankinis, i.e. one complete piece with side panels); boxer-style swimsuits for boys; and shorts that are no shorter than mid-thigh in length.

Please be aware, that adult Momentum Staff may ask individuals to change their attire during the week of Momentum if the clothing does not fall into this common denominator of modesty at Momentum. This is not to embarrass or judge your tastes, but to assist in maintaining the modesty standard during the week. Here's a simple test you can take if you are unsure about packing an article of clothing:

"Touch the sky...touch your toes... if anything shows...it goes (back in the closet)."

NOTE:

- All dorm rooms will have air conditioning.