

Nashville Mission Trip Travel Details

DEPARTURE: <i>Wear "Here & Now" t-shirt</i>	St. John XXIII – St. Peter's 1800 N Wisconsin, Port Washington
SNACKS/BEVERAGES TO DONATE	Last names beginning with A-G, please donate snacks to share; last names beginning with H-Z, please donate beverages to share
WHEN:	Sunday, June 23, 2024 Arrive 4:45 a.m. Depart St. Peter's: 5:00am Arrive Nashville 3:00pm We will have "box" breakfasts and lunches which we will eat at rest stops along the way
GROUP CONTACT PERSON:	Maureen Rotramel Cell: 414-324-9131 "Remind" group text link to join: https://www.remind.com/join/mt24sj23
Camp Office & Program Facility	Pope John Paul II High School 117 Caldwell Drive Hendersonville, TN 37075
Emergency Contacts:	CHWC Nashville Camp Managers (864)760-7351 (Beth Spence), (269) 998-0730 (Darby Bennet), (804) 814-5278 (Meghan Condlin)
Free Day June 28	Downtown Nashville – lunch (provided) and sightseeing
Return June 28:	Depart Nashville approx. 1:00pm Arrive Port Washington 10:15pm Once we cross into Wisconsin, parents will be contacted for estimated arrival time in Port
Chaperone/Adult leaders	Margie Becker Carrie Ehrlich Dawn Goodno Laurie Backhaus Mike Ehrlich Jamie Kretlow Mike Burch Lisa Ehaney Lesa Staehler
"Theme Days" <i>To be worn during evening program</i>	Packers – Monday Hawaiian – Tuesday Tie dye – Wednesday "Colors" – Thursday (Red, yellow, green or purple – SJ23 logo tees)

Heavenly Father, thank you for calling each of us to step up and serve. We ask for confidence to say yes to you each day. May we be grateful for all who have supported our efforts. Give us courage to follow through as we prepare for our mission to serve. We ask this through Christ our Lord, Amen.

TOOL/PACKING LIST

REQUIRED TOOLS

In lieu of donating tools, please contribute whatever you are comfortable with towards one Home Depot gift card so the camp can purchase what is really needed. (In the past, each camper was asked to bring a paint brush, tray, scraper etc. Think of how much that would have cost and please donate at least that amount). **Please donate by June 20.** You can drop off a check, cash or Venmo to Maureen Rotramel.

PERSONAL SAFETY TOOL LIST

Each person is required to bring the following items to CHWC. Please put them in a small backpack and take them to your worksite **EVERY DAY.** These tools will not be collected

- Water jug/bottle (fill each morning)**
- Work gloves
- Safety goggles



PERSONAL SUPPLY LIST

- Sleeping bag/sheets/blanket***
 - Pillow
 - Air Mattress/cot (twin size) ***
 - Casual/comfortable clothes
 - Group t-shirts (logo shirts and “Here and Now” shirt) *
 - Old T-shirts
 - Work jeans
 - Shorts (short shorts prohibited)
 - Socks
 - Sturdy shoes or work boots
 - Cap/hat
 - Rain gear (cheap poncho would be good)
 - Bathing suit (mandatory) and flip-flops
 - Backpack/bag for worksite
 - Toothbrush/toothpaste
 - Soap/shampoo
 - Deodorant
 - Sunscreen
 - Bug spray
 - Towels/washcloths** (Beach towels work very well)
 - Bag for dirty clothes
- Sweatshirt/light jacket (the A/C may be cranked up!)

DRESS CODE

Catholic HEART Workcamp provides a safe and welcoming environment that is an example of a Christian Community. As we come together as a Catholic Christian Community, teens and adults are asked to dress in a manner that is modest and appropriate for a Catholic environment.

Catholic HEART Workcamp depends on adult leaders to enforce this dress code with their own youth group members.

- Personal appearance is not to be sexually suggestive or revealing.
- Shirts worn at worksites and school/home base must have sleeves and cover up all parts of the chest, mid-section, and back.
- T-shirts with offensive or suggestive symbols/statements are unacceptable. T-shirts with beer/alcohol logos are also prohibited.
- Backless or strapless clothing, bare midriffs, low necklines, halter, and tube tops should not be worn.
- Please be modest when packing shorts. We suggest the fingertip rule: If your shorts do not reach your fingertips when your arms are hanging down at your side, please consider bringing longer shorts.

Spending Money: We suggest bringing \$75 for souvenirs or snacks. Credit cards can be used on when we stop for food. They will also be selling Catholic Heart Workcamp and/or the musician's merchandise before and after program and they should take credit cards.

NOTE: Catholic HEART Workcamp cannot be held responsible for any lost or stolen materials such as, clothes, jewelry, cell phones, etc. Therefore, please limit the amount valuables and possessions you bring.

PHONE/INTERNET POLICIES

We will be using a common-sense approach when it comes to phone usage. There will be certain times when we need you to put those babies away and pay attention to the real world. Times like during Mass, programs, worksites, and lights out. We just want you to be present, get to know some new people, and fully experience all CHWC has to offer. But don't worry, we're not asking you to completely unplug. Go ahead and follow us on social media (@heartworkcamp) to stay in the loop and share all the awesome things you're doing at camp.

Cell service may not be as strong as it is at home. Please be prepared for potential spotty coverage. WiFi is also not often available, but when it is, passwords will only be provided to adults who have a legitimate need for it (e.g. for work or medical purposes).

The use of headphones is restricted to sleeping areas. They will not be allowed at worksites, or during evening activities. One of the goals of Workcamp is to help build relationships within your group, with members of other groups, and with the people, you will serve. Conversation and

relationship building are hindered when campers are listening to music rather than the people around them.

Maureen will contact families through REMIND once we have arrived safely at our destination. Also check the ST. JOHN XXIII parish Facebook and Instagram pages for updates and pictures.

FOOD/MEALS

Experiencing a mission trip with Catholic HEART Workcamp means one gives up day-to-day conveniences. One of the goals of Catholic HEART Workcamp is to be in solidarity with the people we encounter.

Mission trips are a great way to improve one's ability to "offer it up" for the sake of the Kingdom. What we may take for granted could be a luxury to the people we serve. Therefore, to experience what it is to make a sacrifice and to live without conveniences such as various fast-food restaurants, we ask you to eat only the food provided at camp (excluding snacks your group may bring).

The menus are based on a well-balanced diet that will provide all the nutritional and calorie needs. For a sample of the menus throughout the week go to <https://chwcpretrip.com/dietary-concerns/>

We ask youth groups not to go out to eat before, during, or after mealtime. We also ask that groups not have pizza or any other food delivered to the school after the evening program. By doing so, you will:

- Not waste the food purchased with your registration fee.
- Appreciate the freedom to pick up or order food anytime you are hungry at home.
- Feel more empathy for the people who are less fortunate.
- Experience the joy that sacrifice requires.

IF YOU HAVE A LEGITIMATE FOOD ALLERGY, LET MAUREEN KNOW BEFORE WE LEAVE SO ALTERNATE ARRANGEMENTS/ACCOMODATIONS CAN BE MADE IF NEEDED

Snack food is allowed but cannot be stored or eaten in the sleeping quarters. Maureen or one of the other adult leaders will collect all snacks from our group and store them in a container with our parish name on it. This food can only be eaten in the cafeteria or outside. We do not want ants, cockroaches and mice to raid your sleeping quarters!