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## What to Bring & What to Expect

(rev 17-Sep-18)

### What to Expect:

- **Simple Living** - we promise you will have everything you need and some of the things you want.
- **Community Living** - participants are asked to help with daily chores - ***Many hands make little work.***

### What to Bring:

- Challenge yourself to pack "simply" regarding clothing.
- **Clothing should be reflective of positive values:**
  - Short shorts are not permitted - shorts need to come down to mid-thigh.
  - No shirts with suggestive, vulgar/violent language, or inappropriate designs. Bare midriffs, sport bras worn as shirts, spaghetti straps, tube tops, low cut necklines, and muscle shirts are not permitted.
- All participants need to wear **closed-toed shoes** at worksites (*no sandals or flip-flops allowed for safety reasons*).
- Shirts must be worn at **ALL** times.
- If you have any board games, cards, or recreation equipment that could be used, please bring them to share.
- **Musical instruments are welcome**, but will be the responsibility of their owners.
- Summer groups should have use of the neighborhood pool.
- Some sites include the opportunity to swim. **One-piece suits** are requested by the sites.

### Facility & Linens:

- The Tau House is a former Franciscan convent built in 1916.
- Tau House **does not have central air**, but both ceiling and standing fans are provided for each bedroom.
- Our dining room, living room, and Chapel have window AC units which help to keep these common areas cool.
- Participants have twin-size beds and will share a bedroom with at least one other participant.
- **We provide all linens** - each participant is provided a large bath towel and wash cloths.

### Medications:

- Participants <age 18 must notify group leaders of any prescription medications.
- *OTC medications will not be distributed by our Staff, only by chaperones in accordance with their policies.*

### Food and Beverage:

- We provide simple meals (although you might be the cook!) from arrival night supper through departing morning breakfast.
- We provide coolers and lunch bags for group use for lunches during the week.
- **Please feel free to bring snack items to share!**

### Cell phones and other electronics:

- We embrace simple living and ask that you leave electronics behind.
- The Tau House does have CD players, a TV, and a VCR/DVD player.
- Chaperones are asked to have cell phones at all times. **All others are asked to not bring cellphones to sites.**
- Very limited wireless internet is available, but due to the age and structure of the building, ***it is NOT reliable.***

### Weather:

- Weather can be unpredictable in Cincinnati year-round! In past years, summer temperatures have ranged from 50s at night to the high 90s during the day. Groups coming on Winter and Spring trips are encouraged to bring both rain gear and a warmer coat/jacket.

### Donation Collection: ***This is not a requirement, simply a suggestion ☺***

Some groups choose to make in-kind donations in addition to their time of service. Products are either kept and used at Tau House or delivered to the various sites with whom we partner. These products can be collected at your end and brought with you the day of arrival – however, some groups have utilized the free time to go to area discount stores to make purchases. Items that are always needed:

Twin Sheet Sets	Deodorant	Hand Soap	Baby Bottles	Shaving Cream
Beach Towels	Dish Soap	Travel Toiletries	Pacifiers	Toothbrushes
Toilet Paper	Laundry Detergent	Diapers (larger sizes)	Baby Toiletries	Toothpaste
Box Fans	New Underwear	Cleaning Supplies	Tampons	Dental Floss
Paper Towels	New Socks	Baby Wipes	Razors	Empty Plastic Med Bottles

***Safe travels! See you soon!***