



Appalachia, West Virginia - Spring Break 2013

Tentative Travel Info

Please be at Rec Desk, Sun. March 3rd no later than 8:45am

To: Depart JCU at 9am

From: Depart Sat, March 9th Charleston, WV at 9am

Arrive to Wheeling Jesuit at 12-1pm

Arrive to JCU at 12:30pm

A significant part of your immersion experience will be living simply and in solidarity with one another and the Appalachian community. Due to space constraints in your vans, please pack lightly and refrain from bringing excess material items. As you prepare for your time here we invite you to reflect upon the Appalachian lifestyle.

Clothing

- The weather can vary this time of year but has been consistently between 35 and 45 degrees. Please plan yourself accordingly. Remember, layers are good!
- Please be mindful that you'll spend part of the immersion trip working outside and with drywall, be prepared to get a bit dirty!
- Remember we're representing JCU so clothing should be appropriate (nothing too revealing, no references to alcohol/drugs/profanity on clothing, etc.).
- In addition you'll need:
 - 1 or 2 Decent outfits (social services and museum visits)
 - Work clothes (Something you don't mind getting dirty and can reuse)
 - A pair of shoes to work and travel in (shower sandals if you see fit)
 - Comfortable walking shoes

Toiletries

- Daily use personal hygiene items (travel size)

- Shower supplies (communal shampoo/conditioner and body wash will be provided)
- Medications if required
- Towel

Electronics

- Camera
- Please refrain from bringing additional electronic devices (iPods, cell phones, etc.)

Bedding - Cots will be provided by the program

- Pillow
- Blanket or sleeping bag (sheets may come in handy, too!)

Miscellaneous (optional)

- A GOOD ATTITUDE!
- A favorite CD or playlist to share with the group
- Journal and pen/book
- Water bottle
- Earplugs -particularly if you are a light sleeper!