

2026 ASP TRIP DETAILS

ITINERARY, PACKING LIST,
AND

ASP'S REQUIRED READING
ON SAFETY/EXPECTATIONS
FOR ALL VOLUNTEERS



GREENFIELD HILL
APPALACHIA
SERVICE PROJECT

Included in this packet:

Itinerary for ASP 2026.....	p. 2
Work Week Details	p.3
What to Bring/Packing list.....	pp. 4-5
ASP's REQUIRED READING.....	p. 6 and following

ITINERARY

FOR THE 2026 APPALACHIA TRIP

Saturday, June 27: **7:00 Depart from Fairfield University** (youth will travel on chartered buses, adults in vans and bus)
Arrive in Harrisonburg VA around 4:00 p.m. We will be staying in dorms at James Madison University
Dinner on the JMU campus.

Sunday, June 28: After morning worship together, leave JMU. Each work crew travels in its individual van to the work centers in four different counties in West Virginia.
Between 2 and 4 p.m.: Arrive at our work centers & settle in.
Sunday evening: meet the center staff, have our first Evening Gathering, and go visit the work sites to check out the projects

Monday – Friday activities: See next page!

Saturday, July 4: Leave work centers in the morning, head back to JMU to meet the buses at 1:00.
Buses head to Connecticut, arriving in Fairfield at approximately 9:00 p.m.

Sunday, July 5: 5:00 p.m. Closing celebration for ASP 2026 (pizza and closing ceremonies) – on church grounds

ASP's Daily Schedule – Monday through Friday

(The general schedule will vary slightly from county to county)

Sunday, June 28

2 – 3:30 p.m. Arrive at your center, register, and meet other groups.

4 - 5 p.m. Staff meets with group leaders to:

- discuss the center and community
- explain the home assignments

5 p.m. Evening Gathering

6 p.m. Dinner

7 p.m. Group leaders/staff travel to meet families

11 p.m. Lights-out; rest for a wonderful experience

Monday – Friday (June 29 – July 3)

6:45 - 8 a.m. Rise and shine, devotions, breakfast

8:30 - 4:30 Work day with lunch break at noon at the site.

5 - 6 p.m. Clean up and make an inventory of supplies needed for the next day.

6 – 7 p.m. Dinner

7 - 10 p.m. Center clean-up; Evening Gathering (a time of fellowship, reflection, sharing, singing, playing, sometimes with a guest speaker, local musician, artist, or other special event); team time; staff and group leaders discuss details of the day's work; free time.

10:30-11 p.m. Quiet time; settle in for a well-deserved sleep.

11 p.m. Lights-out; make sure your group understands the importance of getting enough sleep.

Saturday, July 4: Groups depart.

WHAT TO BRING:

First, read these general Guidelines from ASP:

Please remember that you are representing a faith-based Christian organization to the Appalachian community. Your dress needs to be modest, sensitive to the culture, and safe.

- 1. BRING ENOUGH CLOTHES FOR THE WEEK.** Laundry facilities are NOT available. Work clothes will get dirty, sweaty, painted, and tarred. We recommend you pack inexpensive clothing purchased at yard sales or thrift stores and items you would not mind getting dirty or trashed.
- 2. WORK CLOTHES: Shirts with (long or short) sleeves and (sturdy) long pants must be worn at all times at the work site. DON'T ASK FOR EXCEPTIONS, THIS IS A SAFETY ISSUE!** We recommend hard-soled shoes at the work site and tennis shoes when working on a roof. (No CROCS, flip-flops, sandals, or open-toed shoes at the worksite.)
- 3. LEISURE CLOTHES:** Pack comfortable, conservative clothing for the center. **Shirts with (short or long) sleeves must be worn at all times. Shorts must be mid-thigh or knee length. No shirts or hats with messages that convey any type of political affiliation or inappropriate advertising are permitted.**
- 4. NO VALUABLES,** including laptops or large amounts of cash. We cannot always ensure the security of the center facilities. Since we cannot always guarantee the security of the center facilities, **if you must bring electronic devices, it is recommended that these items be left in your work vehicle and not accessed during the workday. This includes cell phones!** You are there to work and these items have no place at the work site.

INDIVIDUAL PACKING LIST

Tools that each person should bring:

- Hammer
- Carpenter pencils/Sharpie
- Ear Plugs
- Nail Apron/Tool belt (optional but helpful)
- Mask (for dusty areas/insulation work)
- Measuring Tape
- Safety glasses
- Work Gloves

plus any other small tools like screwdrivers, etc that you want to bring!

General packing:

- Air mattress – we will be sleeping on floors! Twin size only.
- Sleeping bag or sheets & a blanket (it gets cold!!), pillow
- Work clothes: 2 or 3 pairs of jeans/durable long pants, plus work t-shirts, and one long-sleeve work shirt. Note that shorts, sweatpants, leggings, etc are not acceptable workclothes.
- Work boots – (label them) and appropriate socks
- Clothes to wear at center: shorts/shirts, sandals, sneakers. Light jacket/sweatshirt for chilly evenings.
- Personal toiletries: soap/ deodorant/ shampoo/ toothbrush/ toothpaste/ feminine supplies/ etc.
- Towels (2 recommended, quick-dry are great), and washcloth
- Flip-flops for showers / shower caddy
- Laundry bag or garbage bag to put dirty clothes in
- Water bottle for worksite
- Rain jacket/poncho
- Sunscreen/ insect repellent
- Flashlight
- Hat /sunglasses / bandana – be ready for heat and bright sun!
- Things to do in down time! cards, puzzles, Frisbees, games, etc!
- Other suggestions: power strip, portable charger, Command hooks to hang towels , ‘comfort food’ snacks, Backpack to take things to worksite (also good for bus)

The Following Pages are ASP's Required Reading for all participants

ASP'S Mission, Vision, & Guiding Principles

Our Mission

Appalachia Service Project is a Christian ministry, open to all people, that inspires hope and service through volunteer home repair and replacement in Central Appalachia.

Our Vision

Appalachia Service Project envisions the eradication of substandard housing in Central Appalachia and the transformation of everyone who comes in contact with this ministry.

Our Guiding Principles

- We believe that each person is a child of God imbued with dignity and worth.
- We accept people right where they are and just the way they are.
- We believe that all people should be able to live in affordable, safe, and sanitary housing.
- We are committed to witness through the good quality of our work and careful stewardship of our resources.
- We believe God calls people to serve others as volunteer partners in ministry and we will encourage their growth in faith as they answer this call.
- Where ASP is involved in local communities we will encourage, affirm, and support the fair and just treatment of people.
- We believe in ministering in the spirit of love, acceptance, and hopefulness.

Non-Discrimination Statement

- Because ASP believes everyone is a child of God, all are welcome to participate respectfully and peacefully with ASP, regardless of race, color, religion, gender, age, national origin, disability, marital status, sexual orientation, or military status.

ASP's Expectations, Rules and Regulations

When volunteers sign the Volunteer Trip Agreement and Medical Forms, along with the Partnership Covenant, they confirm their agreement to abide by the Expectations, Rules and Regulations of ASP. ASP staff reserves the right to terminate the participation of any individual or group that does not follow these guidelines.

GENERAL RULES

- The ASP staff has overall responsibility for all activities (at the center and worksites).
- The Center Staff will inform you of center or community-specific guidelines.
- **Group leaders (19 yrs +) are responsible for their youth volunteers at all times. This includes enforcing all ASP rules and regulations with their youth. ASP staff will intervene ONLY when necessary.**
- All volunteers (youth and adults) are expected to participate in the programs, including: meals, chores, meetings, evening gatherings, etc.
- Volunteers assist with all chores, including center clean up, tool and supply organization, after meal clean up, and loading or unloading of building materials.
- Everyone is expected to act responsibly and respectfully within the community.
- **We ask that adults refrain from alcohol consumption during their time in an ASP community.**
- **Possession or use of illegal drugs or alcohol while on an ASP trip is strictly forbidden!** Violators will be asked to return home immediately at their own expense.
- **Smoking, vaping, or use of tobacco products is prohibited inside all ASP centers.** Underage youth are not permitted to smoke or vape anywhere.

- Weapons of any kind (or replicas of weapons) are not permitted.
- Always travel in groups of two or more persons when away from the center.
- Volunteers are required to wear designated wristbands, at the center and on worksites, to identify ASP volunteers in designated spaces and ASP tool and safety clearance.
- Audio equipment is prohibited at the work site and the center unless you first consult with your Center Staff.
- Harassment of ANY kind will not be tolerated. Everyone should be familiar with [ASP's Anti- Harassment Policy](#). If you feel that you have been affected by harassing behavior at ASP, follow the reporting procedures: **1.** Tell a responsible Group Leader within your group. **2.** If you do not feel comfortable confiding in a Group Leader, report to the staff. **3.** If needed, staff supervisor contact information is available at the center, or you can email: [**incident@asphome.org**](mailto:incident@asphome.org).

WORKSITE RELATED RULES

- Working hours are from 8:30 a.m.–4:30 p.m. each day.
- **Implement a buddy system so that no volunteer is left in the position of being alone.** If you leave the work site, all crew members must leave in their vehicle. **Never leave youth volunteers unattended at the worksite.**
- Lunch is to be eaten at the work site. We encourage you to bring extra sandwiches for the family you are serving.
- Work crews are composed of 5-7 people **including at least 2 adults** (19 yrs +). Extra adults may also be used as floating volunteers.
- **Work attire: shirts with (short or long) sleeves, long pants, and sturdy shoes must be worn at the work site. Sweatpants or scrub pants are not considered appropriate for the work site.**
- Each work crew must have a suitable vehicle capable of safely transporting 7 people, tools, equipment, building supplies, etc.
- Seatbelts must be worn at all times when traveling.
- No participant is permitted to ride in the back of a pickup truck.
- Emergency contact information for each volunteer should be kept in the vehicle in which he or she is currently traveling.
- Use tools, supplies and resources responsibly and for their intended purposes.
- Nail guns are prohibited in the Home Repair Program.
- Only adults age 19 and older may check out power tools. All volunteers who operate power tools must be trained at home. Youth must always be supervised when using these tools. Additional power tool restrictions are in place for youth volunteers ages 11-13 years old.
- Safety and sensitivity to your family should always be a top priority.
- Ask permission from the family prior to taking any photos on the worksite.
- Recording with video equipment is strictly prohibited at the worksite.
- Volunteers are encouraged to invite families to the picnic as your guests.

CENTER RELATED RULES

- **Center attire:** Shirts must be worn at all times. When leaving the center grounds, shorts of finger-tip length will be acceptable attire. **Not appropriate attire at any time:** halter, spaghetti-strap, or tank tops, sports bras worn as an outer garment, sleeveless shirts, or any clothing expressing political affiliation, alcohol/beer slogans and/or obscenities. Appropriate clothing must be worn at all times including to and from the showers and after “lights out.”
- **No infants, toddlers, or any youth who do not meet the above-mentioned age requirements will be permitted on an ASP trip.**
- No pets are permitted at the center.
- ASP abides by the “Safe Sanctuaries” guidelines.
 - Adults (19 yrs +) and youth will have separate showering times.
 - No females are permitted in the males’ sleeping area. Males are not permitted in the females’ sleeping area at any time.
 - In sleeping rooms there must be at least 2 adults of the same gender as youth. These adults will sleep away from youth if possible.
- **A strict 10:30 p.m. quiet time and 11:00 p.m. lights out applies to all.**

ASP's THREE Ss: SENSITIVITY, SAFETY, AND STEWARDSHIP

Sensitivity

We believe that each person is a child of God, imbued with dignity and worth. When you are sensitive to other people's needs, difficulties, or feelings, you show understanding and awareness of them.

1 John 3:17-18 "We should love people not only with words and talk, but by our actions and true caring."

1. Follow the dress code guidelines as outlined in ASP's Expectations, Rules, and Regulations.
2. Start to form a relationship by taking time to meet and talk with your family before unloading.
3. Ask the family for ideas and advice; encourage them to join in the work if they are able.
4. Keep reactions to yourself that might hurt or insult the family. Use positive language that won't alarm the family, using terms such as "repair" or "replace" rather than "tear out" or "gut" to help minimize the family's stress level. If you must talk about something sensitive, "take it to the van" or talk about it with your crew on the way back to center.
5. Be sensitive to the family's need for space and privacy. Ask before venturing into new areas of the home.
Remember, you are a guest.
6. Show respect by asking permission from the family prior to taking any photos or videos on the worksite. We suggest you don't take any photos on Monday morning and that photos taken earlier in the week are of your work crew. If you'd like to take pictures of the family, please wait until a relationship has been established.
7. Eat lunch at your site to develop relationships between crew members and with your family. Pack extra sandwiches to share with

your family.

8. Place drop cloths on the family's belongings before you start working in a room. Each day put things back the way you found them before you leave. Treat them with respect!
9. Do not mention your family's name out in the county; help maintain their privacy. If people ask where you're working, you might say... "So many different places" or "We are working at a variety of homes in the county."
10. Please ask smokers to be aware of designated smoking areas at the center and to use them. Do not smoke on the work sites. Ask smokers to walk away from the sites, and do not smoke in the homes (even if your family has members that smoke).
11. Remember, you are representing ASP while out in the community. Please help us maintain a positive image.
12. Be respectful of the facility you are staying in as it is shared with the community. Keeping up with chores each day is essential to respecting the facility.
13. Be respectful of other volunteers by observing personal space and boundaries. Always affirm each other with actions that reflect the love of Christ.

Safety

In our ASP community, we are all responsible for safety and need to be careful to help reduce the risk of injury or danger to anyone in the community. Take responsibility for your own safety, but also help protect others as God calls us to do.

Philippians 2:4 "Rather, in humility value others above yourselves, ⁴ not looking to your own interests but each of you to the interests of the others."

1. Implement a buddy system so that each volunteer is never left in the position of being alone while at a worksite.

- 2.
3. When traveling away from the center after the workday, always travel in a group.
4. Only adults 19 and older will be allowed to check out power tools at the center. While ASP recognizes that the use of power tools can be a valuable and empowering experience, because of liability, we ask that only volunteers 19 and older use these tools. All volunteers using power tools who are under 19 years old must be under the direct supervision of an adult Group Leader who is ultimately responsible for the safety of their volunteers.
5. Wear the designated wristbands onsite to distinguish ASP tool and safety clearance as well as identify ASP volunteers in designated spaces.
6. Use power tools safely. Always unplug them when not in use.
7. Take breaks throughout the day and drink lots of water.
8. Use ladders safely and take them down when not in use.
9. Beware of dogs, snakes, ticks, bees, and other creatures.
10. Put a first aid kit and medical/emergency contact info for all participants in each vehicle
11. Drive cautiously and be aware of curves and coal trucks.
12. Wear hard hats, goggles, ear protection, work gloves, and N95 dust masks as needed for the job.
13. Do not leave people at a work site without a vehicle. If one person needs to leave for any reason, everyone leaves if there is only one vehicle at the site.
14. When roofing, always have at least one driver on the ground in the event of an emergency.
15. Be sure to leave the worksite safe for the family.
16. Notify the staff of any unsafe working conditions as soon as possible.
17. Everyone should read and follow [ASP's Safety Manual](http://asphome.org). (at asphome.org)
18. Identify a "Safety Monitor" for each site. The Monitor should enforce safe work practices on site.

19. Group Leaders are ultimately responsible for the safety of their youth.
20. Do not bring infants, toddlers, or youth under the specified age requirements to any program. **There is no circumstance that merits an exception to this rule.**

Stewardship

We are committed to witness through the good quality of our work and careful stewardship of our resources. Practicing stewardship involves careful and responsible management of the work, building materials, meals and time entrusted to your care.

1 Peter 4:10 “Each of you should use whatever gift you have received to serve others, as faithful stewards of God’s grace in its various forms.”

1. Plan ahead to use materials in the most economical way. Measure twice, cut once.
2. Ask the staff before agreeing to do anything not previously discussed. Respect their time and planning and help be stewards of their vision and resources available for completing each project.
3. Clean tools every day, including mud knives and paint brushes. Be careful not to contaminate the family’s water source.
4. Use the right tool for the job.
5. Do not take more food than you can eat.
6. Conserve water; take short showers.
7. Complete your chores thoroughly.
8. Turn off lights, air conditioners and fans when nobody will be in the room, such as when leaving for the worksite in the morning.