



Sample Daily Schedule

Monday

- 6:30 a.m. **Staff Prayer**
- 6:45 a.m. **Wake Up & Wash Up!**
Showers during this time twice a week at the housing site or local community center.
- 7:00 a.m. **Breakfast**
We eat breakfast together, buffet-style.
- 7:30 a.m. **U-Haul It**
Time to clean the church or ministry house where we are staying, pack lunches, and get ready to go.
- 8:15 a.m. **The Challenge**
Each morning we spend time together in prayer and singing, then time alone with God and in His Word at a local city park.
- 9:00 a.m. **Get Ready to Serve!**
From here we split up into several smaller groups and leave for service sites, one Boston Project staff with each team.
- 12:30 p.m. **Lunch**
Teams eat a brown-bag lunch at their service sites.
- 1:00 p.m. **Continue Service & Outreach Projects**
- 4:00 p.m. **Pit Stop**
Wrap up service sites and grab an afternoon snack/drink at a convenience store, Dunkin Donuts, etc.
- 4:30 p.m. **Debriefing**
We head to a park for a time to debrief the day and enjoy a little free time.
- 6:00 p.m. **Dinner**
We eat hot, delicious dinners together family-style.
- 6:45 p.m. **Dinner Clean-Up & Free Time**
- 7:30 p.m. **Night Life**
Worship, interactive Bible study, simulation games and/or small groups.
- 9:30 p.m. **Free Time**
- 10:30 p.m. **Lights out!**
Boston Project Staff meeting.

Showers

All participants have the opportunity to shower on Tuesday and Thursday mornings at the local YMCA or our housing location. Don't worry - two showers have always been more than enough. Some people even choose to skip Thursday morning's shower for a few extra minutes of shut-eye!



What Should I Bring?

The Essentials

- Bible
- Sneakers / work boots (no open-toed shoes at the service sites)
- Work clothes you can get dirty, sweaty, and painted (knee-length shorts & t-shirts, and jeans)
- **At least one pair of pants**
- One casual outfit
- Sleeping clothes (preferably shorts & t-shirts)
- Swimsuit (for showers)
- Towel & washcloth, flip-flops/tevas (for showers)
- Soap, shampoo, deodorant, toothbrush, toothpaste
- Sleeping bag
- Pillow
- Thin foam pad (air mattresses are allowed, but you will need to wake up early to deflate it for storage each day)
- Baseball cap (keeps sun out of your eyes, great on a bad hair day)
- Light jacket
- Water bottle & work gloves
- Sunglasses, sunscreen & bug spray
- Spending money for Dinner Downtown, souvenirs, etc.
- Camera
- Any prescription medications (to be turned in to a Boston Project Director upon arrival)
- Items for The Boston Project Service & Outreach Supplies (S.O.S.) Tub (*required*)

What Not To Bring

- Any valuable belongings (jewelry, expensive watches, etc.)
- CD/MP3 players (iPods, etc.), skateboards, etc.
- Tobacco products, alcohol, etc.
- Knives (including Swiss Army)

Summer Weather in Boston

Boston has a reputation for being a snowy New England city, but summers can be quite hot and humid. Plan on temperatures anywhere from 80 to 105 during the day, and lows around 60 to 75 at night.

Inappropriate Clothing

Be sure that the clothing you bring is modest and appropriate. **Girls**, please do not bring tight-fitting clothes, spaghetti straps, tank tops, “belly” shirts, “short” shorts (we ask them to be about knee length). **Guys**, t-shirts need to have sleeves – no muscle shirts or tanks. Also, please do not bring clothing which advertises alcohol, tobacco or other things which would detract from your witness to the community.

Showers

You will have the opportunity to shower on Tuesday and Thursday mornings at the local YMCA or at our housing location. Don't worry - two showers have always been more than enough. Some people even choose to skip Thursday's shower for a few extra minutes of shut-eye!

There are bathrooms where you can clean up every morning and evening. Don't worry – we do promote good hygiene.

The Boston Project Ministries can not be held responsible for any items which are lost or stolen.

What About My Cell Phone?

We encourage you to leave your cell phone at home. During your time at The Boston Project, we do not allow participants to use cell phones. If you want to bring your phone to stay in touch with your parents, this is okay. However, we want you to be focused on what God is doing in and through your life. If this were a missions trip to say, Southeast Asia, you would not have the ability to stay in touch with people back home – your total focus would be on loving, serving, and learning. **In the same way, we want your whole focus on the trip at hand without the distractions of home.**



Spending Money

Dinner Downtown

Wednesday mid-afternoon until early evening is Dinner Downtown. Your group will have some time off to rest and relax. The Boston Project does not serve dinner on this night, so each participant should bring enough money to cover his or her dinner cost at a local restaurant. In general, you will leave for downtown around 3:00 p.m. and return “home” by 8:30 p.m. You may also want to bring spending money for souvenir shopping during Dinner Downtown.

Pit Stops

You may also want to bring some spending money. How much will be left up to you and your group. Occasionally we will make fun “pit stops” on our way home from service sites (\$2-\$5 a day). If you want to get an ice cream, soda, coffee coolatas, etc. you will need your own money.

Before & After The Boston Project

Meals or activities your group may do outside of The Boston Project’s *Summer Missions Program* (Sunday 5:00 p.m. until Friday 11:00 a.m.) are at your group’s discretion. Please plan additional money accordingly (we do provide dinner on Sunday night).

Recap

How much do I need to bring? Approximately \$30 - \$40

- Money for Dinner Downtown (\$10-\$20, plus \$3.40 for round-trip subway fare)
- Money for “pit stops” (ice cream, soda) on the way home from service sites (\$10-\$15)
- Other spending money for souvenirs, shopping, etc. (optional)