

2021 POST Packing Checklist

POST provides food and lodging only and will NOT provide the items listed below.

**NOTE: Ithaca weather can be unpredictable, and outdoor projects will occur rain or shine. Pack for all weather conditions (i.e. rain gear, sunscreen etc.)*

Required Items:

- Photo ID
- Water bottle—you will use this daily
- Work clothes/outfits that will get dirtied (to last for 3 workdays)
- Comfortable sneakers or work boots (these too will get dirty)
- Rain gear/poncho/raincoat/umbrella
- Spending money (Wednesday night is free choice night and dinner is not. We recommend folks bring a minimum of \$20)
- Sunblock (you will most likely be outside most days)
- Light jacket or sweatshirt
- Casual clothes for evening activities—pants and shorts (in addition to work clothes)
- Casual shoes (apart from sneakers & work boots)
- Dressier clothes for Public Service Center Welcome Dinner

Other Recommended Items:

- Hat
- Alarm clock
- Sunglasses
- Bug spray
- Day pack to carry water, lunch, sunscreen, etc. to each of your worksites

*Here is a helpful document for packing for the year: [What to Pack & What Not to Bring](#)
Here are a few things that we assume you will be bringing with you for the year – but just as a reminder – you will need:*

- Bedding (sheets, blankets, pillow) as well as a towel/washcloth for bathing
- Personal care items (i.e. soap, shampoo, deodorant, razor, shaving cream, toothbrush, toothpaste, blow dryer)
- Flip flops or shoes for the shower facility
- Any medications you normally take (i.e. allergy) and any emergency medications